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A Christmas Prayer

May all who work for a world of peace and reason be granted the gifts of strength and courage... may the good that dwells within every human heart be magnified... may the blessings of truth and understanding be ours... may the joys of the Christmas season dwell within all of us... and as we grow and build for tomorrow may we live in sympathy with all others.





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INSIDE BACK COVER



EDITORIAL

Dear Readers,



Welcome to the winter issue of Tightwire. It has been a long time since our last newsletter. There have been many changes occurring with the publication and with Prison For Women that had delayed the printing of several issues of Tightwire Publication. But things are back to fairly normal state and with a new personnel, Tightwire Publication is back in operation. In this issue, a variety of opinions and points of views are expressed and you will no doubt find a diversity of topics and a different format from previous Tightwire Publications. Having been recently become the editor of Tightwire, my views and ideas for this publication are ones of optimism. They are in the forms of self-help, informational, and resourceful articles that are aimed to enrich everyone's knowledge of oneself, the prison system, and the world around us. This publication also promotes the positive points the prison system has to offer along with the negative side of the system from an inmate's perspective. In my opinion, prisons are isolated accommodations devised by the

judicial system to lodge criminals in order to protect society until a time comes when these individuals are considered risk-free and are reintegrated back into society. Yet within walls of this or any other prisons, there are good things happening despite all the bad publicities P4W has had in the past. Some of the good things are generated and created by the inmates themselves but the public seldom are aware of them. Hopefully, Tightwire can be utilized to inform the public of this positiveness of the women in here and the oppressiveness each woman feels in this place as well. I hope you will enjoy this winter issue of Tightwire and its contents.

The co-editor and I have included: a section of horoscope, various articles on different topics, a poetry and artwork section containing poems and drawings done by prisoners, and a multicultural section which expresses the views of the various ethnic groups in Prison For Women that you will find informative and interesting. Any feedback is welcomed by the publication. Its staff also appreciates any suggestions, poetry, articles, and opinions from the readers.

Take care and God Bless.

JULIA DEROCHE,
EDITOR



Creative Visualization

Submitted by P. C. D'Andrade



Creative visualization is the technique of using your imagination to create what you want in your life. There is nothing at all new, strange or unusual about creative visualization. You are already using it everyday, every minute in fact. It is your natural power of imagination, the basic creative energy of the universe which you use constantly, whether or not you are aware of it.

In the past, many of us have used our power of creative visualization in a relatively unconscious way. Because of our own deep-seated negative concepts about life, we have automatically and unconsciously expected and imagined lack, limitation, difficulties, and problems to be our lot in life. To one degree or another that is what we have created for ourselves.

Imagination is the ability to create an idea or mental picture in your mind. In creative visualization you use your imagination to create a clear image of something you wish to manifest. Then you continue to focus on the idea or picture regularly, giving it positive energy until it becomes objective reality ... in other words, until you actually achieve what you have been visualizing.

Your goal may be on any level - physical, emotional, mental or spiritual. You might imagine yourself with a new home, or having a wonderful relationship, or feeling calm and serene, or perhaps with an improved memory and learning ability. You can work on any level, and all will have results ... through experience you will find the particular images and techniques which work best for you.

It should be noted here that these techniques cannot be used to "control" the behaviour of others or cause them to do something against their will. Its effect is to dissolve out internal barriers to natural harmony and self-realization, allowing everyone to manifest in their most positive aspect.

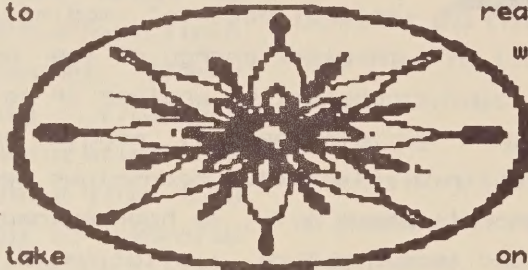
Creative visualization is magic in the truest and highest meaning of the word. It involves understanding and aligning yourself with the natural principles that govern the workings of the universe, and learning to use these principles in the most conscious and creative way.

The four basic steps for effective Creative Visualization are as follows:

1. Set Your Goal

Decide on something you would like to have, work toward, realize, or create. It can be on any level, a job, a relationship, a change in yourself, increased prosperity, a happier state of mind, improved health, better physical condition or whatever.

At first, choose goals that are fairly easy for you to believe in, that you feel are possible to realize in the fairly near future. That way you won't have to deal with too much negative resistance in yourself, and you can maximize your feelings of success as you are learning creative realization. Later when you have more practice, you can take on more difficult or challenging problems.



realize in the fairly near future. That way you won't have to deal with too much negative resistance in yourself, and you can maximize your feelings of success as you are learning creative realization. Later when you have more practice, you can take on more difficult or

2. Create a Clear Idea or Picture

Create an idea or mental picture of the object or situation exactly as you want it. You should think of it in the present tense as *already* existing the way you want it to be. Picture yourself with the situation as you desire it, now. Include as many details as you can.

3. Focus On It Often

Bring your idea or mental picture to mind often, both in quiet meditation periods, and also casually throughout the day when you happen to think of it. In this way it becomes an integrated part of your life, it becomes more of a reality for you, and you project it more successfully.

Focus on it clearly, yet in a light, gentle way. It's important not to feel like you are striving too hard for it or putting an excessive amount of energy into it - that would tend to hinder rather than help.

4. Give It Positive Energy

As you focus on your goal, think about it in a positive, encouraging way. Make strong positive statements to yourself; that it exists, that it has come or is now coming to you. See yourself receiving or achieving it. These positive statements are called "affirmations". While you are using affirmations, try to temporarily suspend any doubts or disbelief you may have, at least for that moment, and practice getting the feeling that that which you desire is very real and possible.

Continue to work with this process until you achieve your goal, or no longer have the desire to do so. Remember that goals often change before they are realized, which is a perfectly natural part of the human process of change and growth.

When you achieve a goal, be sure to acknowledge consciously to yourself that it has been completed. Often we achieve things which we have been desiring and we forget to even notice that we have succeeded! So give yourself some appreciation and a pat on the back, and be sure to thank the universe for fulfilling your requests.

Here are some important things to remember about affirmations:

1. Always phrase affirmations in the present tense, not in the future. It's important to create it as if it *already* exists.
2. Always phrase affirmations in the most positive way that you can. Affirm what you want, not what you don't want. This insures that you are creating the most positive mental image.
3. In general, the shorter and simpler the affirmation the more effective. An affirmation should be a clear statement that conveys a strong feeling; the more feeling it conveys, the stronger the impression it makes on your mind.
4. Always choose affirmations that feel totally right for you. What works for one person may not work for another. An affirmation should feel positive, expansive, freeing and/or supportive. If it doesn't, find another or try changing the words until it feels right.
5. Always remember when doing affirmations that you are creating something new and fresh. *You are not trying to redo or change what already exists.* To do so would be to resist what is, which creates conflict and struggle. Take the attitude that you are accepting and handling whatever already exists in your life, and at the same time, every moment is a new opportunity to begin creating exactly what you desire and will make you happiest.





6. Affirmations are not meant to *contradict or try to change* your feelings or emotions. It is important to accept and experience ALL your feelings; including so-called "negative" ones without attempting to change them. At the same time, affirmations can help you create a new point of view about life which will enable you to have more and more satisfying experiences from now on.

7. When using affirmations, try as much as possible to create a feeling of belief, an experience that can be true. Temporarily suspend your doubts and hesitations, and put your full mental and emotional energy into them.

Rather than saying affirmations by rote, try to get the feeling that you really can have the power to create that reality (which in fact you do!). This will make a big difference in how effective they are.

Affirmations can be used alone, or in combination with visualization. You should always include affirmations as part of your regular creative visualization meditation periods.

Affirmations are often most powerful and inspiring when they include references to spiritual sources. Mention of God, Christ, Buddah or any great master adds spiritual energy to your affirmation, and acknowledges the universal source of all things. You may prefer to use such phrases as divine love, the light within me, or universal intelligence.

Some examples:

Divine love is working through me here and now to create this.

I am one with my higher nature and I have infinite creative power.

My higher self is guiding me in everything I do.

There are three elements within you which determine how successful creative visualization will work for you in any situation.

Desire: You must have a true desire to have or create that which you have chosen to visualize. By desire, I don't mean addictive, grasping desire, but a clear strong feeling of purpose.

Belief: The more you believe in your chosen goal and the possibility of attaining it, the more certain you will be to do so. You have to believe that this goal can exist.

Acceptance: You must be willing to accept and have that which you are seeking. Sometimes we pursue goals without actually wanting to attain them; we are more comfortable with the process of pursuing.

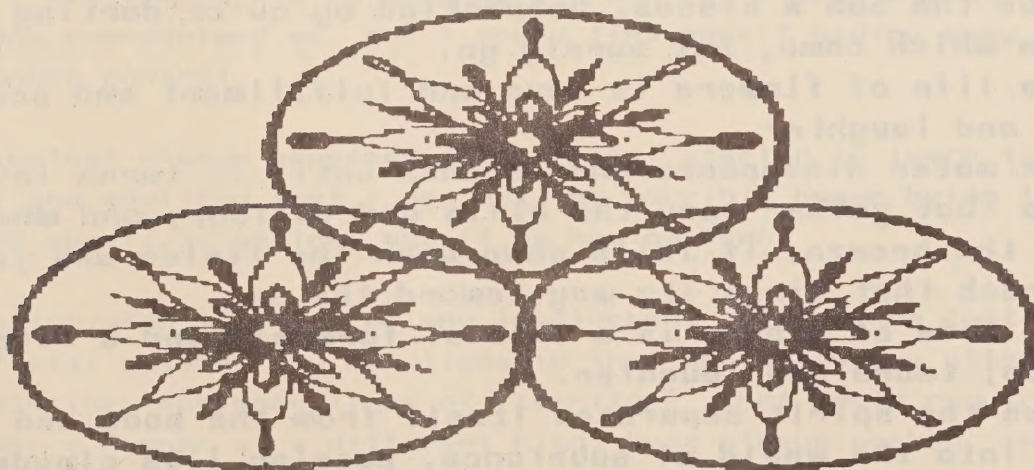
The sum total of these three elements is what I call your *intention*. When you have total intention to create something - that is you deeply desire it, - you completely believe that you can do it, and you are totally willing to have it - it simply cannot fail to manifest, and usually within a very short time.

The clearer and stronger your intention, the more quickly and easily your creative visualization will work. In any given situation, ask yourself about the condition of your intention. If it is weak or uncertain, it can often be strengthened by affirming:

" I now have total intention to create this, here and now."

A basic need of all human beings is to make a positive contribution to the world and to our fellow beings, as well as to improve and enjoy our personal lives. We all have a great deal to offer the world and to each other, each in our own special and unique way. To a great degree, our own personal sense of well being is a function of how much we are expressing this.

You will find in using creative visualization that your ability to manifest will work to the degree that you are in alignment with your higher purpose. This can be a time of great transformation, be willing to be our true, magnificent selves.



JOY AND SORROW

by Kahlil Gibran

I would not exchange the laughter of my heart for the fortunes of the multitudes; nor would I be content with converting my tears, invited by my agonized self, into calm. It is my fervent hope that my whole life on this earth will ever be tears and laughter.

Tears that purify my heart and reveal to me the secret of life and its mystery, Laughter that brings me closer to my fellowmen! Tears with which I join the broken-hearted, Laughter that symbolizes joy over my very existence.

I prefer death through happiness a thousandfold to life in vain and in despair. An eternal hunger for love and beauty is my desire; I know now that those who possess bounty alone are naught but miserable, but to my spirit the sighs of lovers are more soothing than music of the lyre.

When night comes, the flower folds its petals and slumbers with Love, and at dawn, it opens its lips to receive the Sun's kisses, bespeckled by quick darting clouds which come, but surely go.

The life of flowers is hope and fulfillment and peace; tears and laughter.

The water disappears and ascends until it turns into clouds that gather upon the hills and valleys; and when it meets the breeze, it falls down upon the fields and joins the brook that sings its way toward the sea.

The life of clouds is a life of farewell and a life of reunion; tears and laughter.

Thus the spirit separates itself from the body and walks into the world of substance, passing like clouds over the valleys of sorrows and mountains of happiness until it meets the breeze of death and returns to its starting place, the endless ocean of love and beauty which is God.



Perspectives

by Patricia D'Andrade

In an institution setting it is often hard for us to really get in touch with our true emotions, or at least allow these emotions to manifest themselves in an outward display.

Those of us recovering from one addiction or another find this state is the hardest to overcome, especially when it took years to erect the barriers that we use to disguise this same humanness. After all, this could mean everyone would see what a caring and good person you really are.

After this period of incarceration started, I one day decided that I had had enough of digging the hole of confinement deeper and deeper. I had arrived at the point in my life where I realized that I had to do something about my predicament and, in order to effect this change, the sincerity had to come from within myself and not from any type of ulterior motive.

The consequences of this change were unknown to me in the beginning, but as it came, it touched a part of me that had always remained hidden from the prying eyes of suspected interlopers. I found that I really liked the person that had been hidden inside of this body all of these years.

Many of doors were suddenly opened for me because of this change. At times I was like a kid in a candy store. There were moments when my emotions overwhelmed me, and I would find myself hiding away until I was back under control.

The greatest change happened when I first started to learn to love myself and admitted that I was not the horrible human being I had always allowed myself to believe myself as having been.

Having isolated myself from any involvement, other than that of a superficial nature, any relationship that would involve allowing someone to cross the imaginary lines of "territory" that would require sharing, I became a runner of a different kind, bags always packed, ready to get out when things became too hard to control.

Change is an ongoing process, one that will continue for the rest of my life. That in itself was hard to accept, we all look for instant answers. Anyone who expects to be perfect is living in a fantasy world, a world that still needs to have the walls knocked down.

Today, I count all of the blessings that God has seen fit to bring into my life. Even though there are those around me who content that incarceration is no blessing, I have to view things in a different light. I can either make the period of incarceration work against me or I can make it work for my betterment.

We must each walk through life making choice after choices as we meet each crossroad. These choices mold us into the unique individuals that we are today, and we must take responsibility for these decisions.

My relationships were often made or broken due to a period of incarceration. That is a trend that had to be changed. Honesty, trust and genuine feelings must now be the foundation that I build on, rather than gratitude and a sense of security. There was also that need to have someone there or to be a part of another's life.

Where my daughter is concerned, she had developed mostly during my periods of confinement. It has made it difficult to express at times, my care and concern and my love for her. But children are better able to judge our sincerity than anyone, since they are able to see through any mask we may try to hide behind. So with my daughter, I tell her often that I love her, worry about her and how much I need her. I hope and pray that her life is not full of the same trials and tribulations that I have faced.

At the same time, I realize that the growing up process is an individual endeavour and that all I can do is allow her to make her own mistakes and be there when I'm needed. I have to also try and not put my own aspirations onto her and allow her to have as full a life as I'm able to give her. I can pray for the best possible outcome and never forget to say to her that I love her "unequivocally".

When a test of our love for our children occurs, we can truly see the changes that have happened in our lives. We learn to appreciate the fact that we did allow those changes to take place. Too many of us are hiding from the world, our families and ourselves. We do a great

disservice by not allowing ourselves to develop to the full potential that is bottled up inside of us. We have to take the time to realize our capabilities and make them reality.

We are too quick to put the blame for our transgressions on the shoulders of others, when in fact we are, more times than not, to blame for our own predicaments. This is not to say that we should not fight a good fight or seize any attempts to regain our freedom. Instead of dwelling on the negatives of our situation, we can just as easily build on the positives. By taking a personal inventory of our lives we can locate the areas that require work and/or improvement. We can prepare ourselves for our eventual release, at least from prison. Some will never be free from misguided beliefs.

There is a world out there, a world that can either accept us with open arms or reject us, but first we have to accept ourselves. We have the opportunity now to make the necessary preparations or adjustments to deal effectively with our reentry into society. We are ultimately the decision makers of our fates.

It's our children, families and others who care, who struggle the hardest during our incarceration and yet they give us the most love and support. They will never know how much a part of our recovery from ourselves they've played.

I'll end with a statement that has become very important to the way I view my situation: *"For those who know the real you, and there are few indeed, no explanation is necessary or required. For those who know you not, no explanation will suffice."*

Muff said.



ANTI- RACISM

Anti-Racism Ads shouldn't whitewash the real thing!!

To suggest that racism has no color, that it is not exclusive to whites has always been a risky proposition. Many people, whites included, feel immediate, extreme resistance to the idea - a resistance usually born of fear. For to acknowledge bigotry's universality is to face its complexity, and to face that is to risk being overwhelmed by its enormity.

When American author James Baldwin wrote that life without external presence of racism (which he found, to some extent, in Paris) not only relieved him of a burden but divested him of a crutch, he was excoriated as a traitor. His observations that prejudice is as intricate as childhood and that no race is free of its intent or effects were dismissed by many as the beliefs of an embittered man.

Spike Lee, in his turn, has experienced the two-faced phenomenon of being lauded for his ability to expose reality and condemned for the reality he exposes. The interracial strife in Lee's *Do The Right Thing* was called "confused" by people who found it confusing, and "confusing" by people who found it terrifying.

Chances are that Scarborough's Rose Fedele had none of this in mind when she filed a complaint with the CRTC against British Columbia Association of Broadcasters (BCAB) anti-racism commercials. The commercials, which are broadcast across the country on TV and Radio, show minorities talking about their successes and problems - for instance, a schoolgirl saying that her schoolmates exclude her and that it hurts her feelings - and whites making comments like, "They like to keep to themselves," or "they should go back where they come from."

Ms. Fedele points out that the ads portray all bigots as white thus themselves are biased against European Canadians. But although the tone of her complaint suggests that she would merely like the blame more equitably distributed, by turning the light on this one unacknowledged aspect of prejudice Ms. Fedele may illuminate the whole snarling mass of it. Viewers

or listeners who think twice about the matter are bound to notice, if they haven't already - the many other ways the ads whitewash bigotry.

The first unwarranted reduction lies in the level of racism the ads address. Yes, ostracism and disparagement do exist, and they are far from harmless. But where are the more virulent forms of racism, those that are soul-destroying and potentially lethal as well as emotionally distressful? Where are the Paki slurs, the nigger jokes, the Chinese driver stereotypes, the lazy Indian sneers that go on everyday in every part of this country? How do the family and friends of the innocent Montreal black man who was shot by police feel about the media rapping racism with the same intensity that it does bad breath and plague build-up?

The BCAB's decision not to address the stronger manifestation of bigotry was undoubtedly well-intentioned, probably meant to spare us the full ugliness of the beast. What it does instead is blindfold us in front of the bull. Nothing gets prettier by not being looked at, but it can get a whole lot more dangerous.

Then there is the rage - or rather, there it isn't. Watch one of the TV ads with the sound off and try to guess that you are witnessing one of the most explosive situations in all of existence. Surely indignities are neither delivered nor received with such monotone earnestness as these ads portray. Is fury not a universal by-product of degradation, even among school children? Is rage not the element of racial strife that catalyzes or paralyzes, destroys or liberates - the inevitability that must be faced and somehow coped with.

Finally, to leave out what we do ourselves is to deny much of the damage and most of the hope. Anyone who thinks James Baldwin and Spike Lee invented interracial and intraracial prejudice should ask my acquaintance, Robert who happens to be black, about Chinese people. He will say he wishes someone would shoot them all, and will sincerely deny that his feelings have any relation to racism as he knows it. Or an East Indian friend Ramee, who unwaveringly believes his class of East Indian to be superior to all other races and classes.

Addressing the complexities of prejudice in a 30-second commercial is not an easy agenda, and the BCAB is brave even to try. But they might have known - from the example of the "Just Say No" campaign, if nothing else - that expecting a sanctimonious simplification to affect an immensely complicated problem is like killing a cat and still expecting it to chase mice. If the BCAB wants to change reality, perhaps in the next series of ads they can SHOW reality: ditch the scripts and actors, and film the real thing. It isn't hard to find.



SITTING IN THE PITY POT

In the past several years I have "chosen" to live a criminal lifestyle. I am an addict and I along with many of the professionals gave me that label. But through my program and a little self awareness, I now feel that my addiction is a symptom of a larger living problem. The fact is I was quite willing to accept my label because it gave me an excuse that was acceptable to others for my behaviour. So whenever someone spoke to me about how I was acting, my selfish lifestyle, and lack of concern for others feelings, I could always justify everything with a single "But I have an addiction problem" and the more I accepted my label, the more I wallowed in self pity.

That self pity was one of my greatest enemies in my progress. I am not referring to the justified sorrow that comes with the loss of a loved one or failure to achieve a goal for which I made an honest effort. I am talking about "poor me" feeling that can come from everyday living: the feeling that life has done me wrong, that people have taken advantage of me, or I didn't get exactly what I wanted.

There is not much in our life in which we do not have a choice, the difficulty is that none of the choices ever suited me perfectly. I have to accept the consequences of my choices. I now know that previously I was not realistic or honest. I've begun to realize I'm my own free agent, and that I have control over what I have, or do not have in life. It may not always suit me, but there's no room for self pity.

So every time I start to sit in that "pity pot", I'll try to reassess my situation honestly; but if that's not successful, I have the support of my group and my new-found honesty with them to help get me off the "pity pot".

NANCY MCCLURE



HEART TO HEART

GET THE FACTS ON AIDS!

What is AIDS?

Aids is an abbreviation for "Acquired Immune Deficiency Syndrome". It is a malfunction of the body's defense system against any diseases and viruses. People with AIDS can no longer protect themselves like we can against infections, colds, diseases etc.

What causes AIDS?

A virus called HIV (human immunodeficiency virus) that was discovered in 1983.

What are the effects of this virus?

* HIV can inhabit the body system for many years without causing damage to the person. Many of these individuals remain healthy.

* While others' immune defences are damaged by HIV leading to the development of serious illnesses like Kaposi's sarcoma (a skin cancer), or PCP (a form of pneumonia). When an individual contracts one of these diseases, the diagnosed cause points to AIDS due to the damage of the immune system. People with healthy immune systems do not contract these diseases.

At the present time, majority of the people diagnosed with AIDS have died within two years and no cures have been effective in the elimination of the virus. The most dangerous effect of HIV is its transference. People infected with the HIV can pass it on to others--even when they remain healthy themselves.

What are the symptoms of AIDS?

The symptoms of AIDS and its related illnesses include: swollen glands, persistent diarrhea, night sweats, severe fatigue or weight-loss unrelated to dieting. These are common signs of infections which could indicate the HIV virus. A visit to your doctor will confirm the real cause.

Who can get the virus?

Viruses don't discriminate. Anyone can be affected by the virus that causes AIDS!

It was first discovered in homosexual men in North America. Soon after it was found in people receiving infected transfusions before blood donations were tested and screened for the virus, hypodermic drug users, and children with mothers carrying the HIV (the virus is passed on during pregnancy or childbirth).

How can we stop AIDS?

You can keep yourself and the people around you safe from the virus that causes AIDS. You don't have to make big changes in your life; you just need to know the precautions.

We know for sure that the virus can be transmitted through BLOOD and SEMEN only. The only way for infection to occur is having a sufficient quantity of HIV in the blood stream. There are only a few specific ways the HIV can be passed on.

YOU CANNOT PICK UP THE VIRUS THAT CAUSES AIDS THROUGH CASUAL, DAY-TO-DAY SOCIAL CONTACT! You can't get it from a drinking glass, a toilet seat, or a public pool. You can't catch it from a sneeze, a handshake or a warm hug--even if you hug a person with AIDS.

THE VIRUS CAN BE SPREAD THROUGH:

- * Certain kinds of sexual practices that cause tiny breaks on the lining of the mouth, vagina, and rectum. They are passageways for the virus to enter our body system. Any sexual act that gets blood or semen (of an infected person) into the rectum or vagina is high-risk and should be avoided totally unless a LATEX CONDOM is used for prevention.

PRACTICE SAFE SEX in order to reduce the risk of becoming infected with AIDS!

- * Sharing of drug needles or syringes among users. So avoid it at all costs. If you must do it, use a clean hypodermic each time.

- * Pregnancy or childbirth (when it is passed on from the infected mother to the child). The tragedy is it is unavoidable. Babies are borned with AIDS across the world everyday.

- * And in rare cases, through the transfusions of blood or blood products tainted with the virus. Nowadays, all blood donations are screened.

AIDS CAN BE STOPPED. TAKE THE TIME TO KNOW THE FACTS. BY PRACTISING PREVENTATIVE PRECAUTIONS, WE CAN PROTECT OURSELVES AND OTHERS FROM AIDS. PERHAPS ONE DAY AIDS WILL BECOME A PLAGUE OF THE PAST ONCE MODERN SCIENCE FINDS A CURE FOR THIS DEADLY VIRUS!



NATIVE SECTION





**EAGLE'S GIFT FROM
THE
GREAT SPIRIT**

By the great spirit with the four sacred directions
I came to you oh great grandfather for guidance
Lead me through the path you have led our forefathers
The path of the great elders and their wise way of life
Accept me as I am oh great grandfather and let me
Walk onto the sacred circle of life so that I may
follow the life of the great elders and forefathers before me
Look upon me and listen to my heart as it swells before you
Expressing the feelings as I look up in confidence and influence
Make me wise so that I may be as one with sacred Mother Earth
Protect me from Evil medicines and Evil thoughts and intentions
Give me strength so that I may protect my loved ones from mishap
Look upon me with the gift of strength and leadership so that I may
Lead my people through the path that you are leading me
Give me a sign that you have chosen and accepted me
To lead my people and look over the Horizons and Goals that we seek
Let the people and I be as one as I am with sacred Mother Earth
Grandfathers hear me and give me the gift the EAGLE possesses

"WHICHIHIK NEMOSOOMAK MACHIKEH KWAYASK NESHI MAMTONEHCHIKUN"

"AY HAY"

**A PRAYER TO THE GRANDFATHERS
TRULY FROM THE HEART**

JOHN R. GAMBLER



PSALM 23

(INDIAN VERSION)



The Great Father above a shepherd chief is,
I am His and with Him I want not
He throws out to me a rope, and the name of the
Rope is Love, and
He draws me, and he draws men, and he draws me
To where the grass is green and the water not
Dangerous, and I eat and lie down satisfied.

Sometimes my heart is very weak and falls down,
But he lifts it up again and draws me into a
Good road. His name is wonderful.

Sometimes, it may be very soon, it may be longer
It may be a long, long, time. He will draw me into a
Place between the mountains
It is dark there, but I'll draw back not, I'll be afraid not,
For it is in there between those mountains,
That the shepherd chief wills me, and the hunger
I have felt in my heart all through this life will be satisfied.

Sometimes he makes the rope into a whip, but afterwards he
gives me a staff to lean on. He spreads a table before me
with all kinds of food. He puts his hands on my head, and all
the "tired" is gone. My Cup he fills till it runs over.

What I tell you is true. I lie not. These roads
that are "way ahead" will stay with me through this life.
And afterwards, I will go to live in the "Big Teepee"
And sit down with the shepherd chief forever.

CHIEF JAY STRONGBOW



Robert Rabin
©

SOMEONE SPECIAL

I am a person with a special kind
of personality, someone who
cares
for another person's inner beauty

I am someone who treats another
person with great respect,
I'm there when someone needs to
let their hurt feelings out,
I'm there to listen to them when
they need to talk

I am someone who has an open
heart
I have a good sense of humour
within myself
I'm a person who enjoys the
beauty of our Mother Earth,
I like to hear the songs of birds
when I awake in the morning

I am a person who loves to take
long walks in the night under the
moon and stars,
I like to stay home on weekends
and spend time with the man I love
dearest

I'm a one of a kind and there is
none like me,
I'm a person who likes flowers,
kisses, and hugs,
also I like been told that I'm some
kind of a special lady who cares

I'm a woman who has found
someone like you to share all of
these things and more...

NORMA VAILLANCOURT

TRUE FRIENDS

True friends are two people
who can share their deepest
darkest secret to one another

True friends will be there when
one is in need of help and when
one needs someone to talk to

True friends will be by your side
at any time of day or night when
feeling down

True friends are like a brother
and sister who have tight bonds
with each other

True friends are always honest
with each other and most of all
TRUE FRIENDS CARE...

NORMA VAILLANCOURT

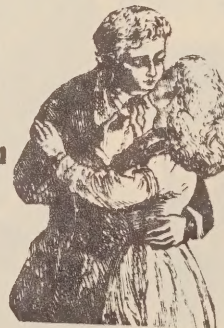


My dear sweet dreams of things, not yet foreseen
 You hold the scent of flowers in bloom
 Whom blossom, even though in gloom
 A self inner light, that twinkles in twilight
 Where often dreams are the scheme of things
 There, the dew drips from your inner soul
 As fears tear, fall from your fragile frame
 Your leaves lift to absorb the sun, that never shines
 As your roots take hold in a sinister place
 a place that knows no grace
 So my tender tulip, never foresake
 Never give up, even though you dwell at hell's gate
 So, your faith it will take
 Though the devil's demons, demand your delicate dreams
 Search your soul, and low and behold,
 God's gift is given thee, treasure your memories
 He will not foresake thee
 When things seem dark and cold, search the heavens, and behold
 Jesus sits on his throne
 That's in his father's home
 He prepares a place, for his children's sake
 So lift your leaves to Jesus, in a plea
 Drink of light everlasting
 Where dreams become reality
 So welcome to God's heavenly nation of salvation.

YVONNE JOHNSON



Let's pull back the cloak that covers the imagination
Where there is solace lurking in the shadows
Pull aside the black curtain that sparkles
Sparkles from the tears that lay upon it
Tears of the one whom enters
Where pain crystalizes
crystalizes to become as diamonds
black diamonds of sheer ice
That shimmer in reminiscence
The reminiscence of someone's thoughts
As the mist of your memories arises
Swirling around the purity of the mortal soul
You hear the footsteps that echos off the walls of the
shadow of intentions
You'll see, as a hand parts through the mist
beckoning you to waltz
Your mind wills "no"
but your body is in flow
You swirl through the mist
Your being slipping into the solace
dancing within yourself with yourself
As your feet glide upon the diamond ice
As it soothes the soul
You'll be hand and hand, arm and arm, cheek to cheek
with the man you seek
Your minds intertwine
as the color of a red, red wine
your lips touch, a touch so divine
But you'll dance only within
the imagination of your mind
But as your tears are shed
they're spread abound
Within the crystal lake they're bound
Also that's to where your dreams are found
But one day it will be fulfilled
My man will accompany me
As we'll waltz through eternity
My hopes, my dreams, my man and the ice.



YVONNE JOHNSON

THE MIRROR'S REFLECTION

I cringe and fear; as I'm so near
To fear I sense its fears
The fears wore upon its face
This face knows no grace
But it is out of place.

As tears of depression depart from this expression
They fall and roll with destination
On the pain upon this person's frame
It's the pain upon this reflection
I feel a sensation for self preservation.

As tears of imperfection stream down the face of neglect
Glaring at me from the reflection
A reflection without a perfection
Same as the demeritions of a person's intentions.

As I try to dry the tears, I feel the fears
that linger there
As I try again, my worst fears set in
There's no connection, I can't wipe the emotions
from this person in the reflection.

I'm the person with no destination
For I'm the one in the reflection
That is the connection
My mirror of memories
Forever to linger in me.

YVONNE JOHNSON



REBEL PICKNEY



A Jamaican sister's story, in dialect. This is contributed by the BLACK WOMEN'S COLLECTIVE GROUP. We hope you enjoy it.

All my life we live in fear. So, when my fadda send me straight through di night, wid my sister, to buy tobacco fi him - is punishment. Him know we fraid fi duppy and fraid fi walk pon dat deh dark road a night time. In spite of dat, him deliberately wait til we done soep up di yard, wash di plate, go to shop fi buy kerosene oil, carry four pan of water. After we finish walk and pick up di breadfruit fi cook di hog feeding, we siddung and settle down and we say "It done now." Darkness come down and we fraid as pickney. Then hear him! Bet Bet, go a Sawyers Square go buy tobacco fi me.' Dat time him siddung a di backstep wid him too foot inna one a dem board washtub wid di iron round it, claim eh him a soak corn, while we haffi walk pon dis ole lickle rocky-rocky road in di dark night.

Our district name Cottage, but Sawyers is di lickle town. Di square have a upstairs shop and a big ole parish church. He never like di church. In deh too quiet. Outside di shop our grand madda always used to keep meeting. She was we fadda madda and we did name after her. Him giwe di whole a her name. Tru dat we know him must have lickle love fi me. She live far and we hardly get fi see her. So, after we done buy di tobacco, it draw our attraction fi stop fi watch our Granny.

He stand up deh and watch dem a jump and clap hands and shake tambourine till hours tek we. When tings get slow we member seh Papa a wait pon we and we haffi go back.

Di lickle ole road only asphalt part way. Yuh cyaan run on it because di stones dem very sharp. Yuh haffi pick and choose to walk.

"Hyacinth," we say, "yuh smell di potato a boil?"

"A duppy a boil him pot."

"How we going pass?"

"Make we stop and wait if anybody a turn Cottage Road", we say. He cotch off pon one big stone and wait. He start consider pon di duppy dem and di darkness. He spend a good few minutes waiting and den Hyacinth say,

"Betty, it a get later and later and nobody nah pass."

"Wait liddle more." "Papa going beat we."

"He no afraid a man like how we afraid a duppy."

He still stuck. Plenty duppy deh about inna fi we district and we live in a fear a dem - yuh have Whipping Boy, Rolling Calf, Coolie Duppy and Ole Hige. Pon top a dat, dem have a set a white duppy downa di big great house Uncle Eustace tek over as caretaker.

"Betty, yuh nah come?" Hyacinth say. Den, we hear a liddle sound. Someting a come down di road, "Screeky-screaky-screaky." He cyaan see nobody inna di dark. "Wah dat?" Hyacinth say. He heng on pon Hyacinth. She heng on pon we. Di screeky-screak a get closer and closer. He and Hyacinth like we turn inna rockstone. Hold on pon we one another cyaan move.

Something slap a lick. Di first lick ketch we sister.

"Damn outliss pickney."

As we realise seh a we fadda inna him waterboots, we figat seh di road rocky-rocky and di stona can cut yuh. He figat bout di earl hole and di duppy dat a boil him pot. By di second lick fi ketch we, we switch pon di next side a di gully. He no know how we reach over deh. He pass we fadda like jet plane running through di darkness to reach home and hide from di licks.

My people house is wattle and daub. It have flooring inside of it. Mama sleep on a wood bed wid mattress mek out aa banana trash stuff inna crocus bag. He go under Mama bed and hide into a blue seam crocus bag. Dem big one dem used to put corn into when dem a sell it. Mama is a women who in sympathy. She nah go tell Papa seh we under di bed.

Papa come in and start cuss. "Dat damn gal...if I ever ketch her." He hear everything for we under di bed. Hyacinth get her full house to house a beating but we cyaan mek she know we under di bed. Whole night Papa a keep watch outside a look fi we but we no outside, we underneath di bed! When him ready fi sleep (for him haffi come pon di bed) we mek certain we no breath or cough. He determined fi get way from beating and we know, like how we get way tonight, in di morning him will figat it.

My fadda no believe inna no discipline at all, but murderation. Just pure beating. When him beat, him beat deadly. Since we come big we realise is direct ignorancy mek him beat so. He was one a dem man weh directly ignorant to di fact of certain tings.

He was a hard working man. When dem have crop at Vale Estate or Long Pond Estate, him used to drive di tractor and draw di casne out a di field to di factory. One time him turn over di tractor and him shoulder lick out, so him stop work pon di estate.

After dat, him used to feel himself important, for him mostly work fi himself. Him used to have plenty cows to milk. Him sell him milk to di milk truck. What leave over him sell to di people in di district who don't have cow. Him also buy animals and butcher dem. Although him raise cow, him hardly kill him cow. Inna dem time deh, him used to go round and buy animal. Him say leave today to go out to all di countryside, far district, and don't come back tomorrow. Sometime him come home wid a whole herd of goat, pig or cow. Him butcher dem early in di morning. Mama cut up di meat, den him sweep di yard clean and peg out di goat skin and di cow skin in di yard.

Him used to have a field - a big field inna a different place. When him cultivate, di women in di district who do higglering come in and buy food from him to carry to market.

Di big field and di animal dem tek up plenty time. During crop time we no know notten bout schooling for Papa wanna we fi cook in di field or fi carry di mulch. He never go to school more dan so anyway, bur during crop time it was worse. He used to fraid a di cow. Him have some bad cow weh kick over di bucket and look like dem would a all buck yuh down. More time, tru we fraid fi help him milk dem, we and him get inna clash and hours beat we get beating a bush.

In country dem time deh, dem used to have a ting dem call Saturday morning crop. A set a people come over and help wid di planting or carrying of di mulch. Miss Jane, Miss Doris nad Miss Rachel come over. Mass Joe, Mr Easton and Mr Black come over come put a hand in di field. We haffi drop di corn inna di hole. Dem have lickle ground singing. During dem time deh, dem eat corn pork and dem giant bread dem call grotto bread. He used to love when dem keep it.

Dat was di only time Mama used to come field. She used to come serve tea fi di man dem who a work. She used to be different from most of di older women in di district. Maybe she don't do field work because of proudness. Still, ah never hear her talk gainst field work. But she was a boasty type of person, a mulatto, very light skinned and her hair tall.

Maybe di odder reason she never come field is because she was very sickly and couldn't manage it. She used to go doctor every minute. She used to complain for gas. She had pressure and pain in her foot and womb problem. Her belly used to pain her and she used to cry for pain. Sometime she boil Jack-o-bush, Leaf-o-life or Cerosee. She used to use l-nut leaf on her head and pick di Sussumba leaf and tie it on her head wid some Broadleaf. Sometime she tie Cow-foot on her head and wet it wid Kananga Water and Bay

One day, Papa decide fi stop ee from school and it hurt di three a ee. It was Sports Day at school and ee well wanted to go. Him decide seh ee fi go follow him go a bush fi go carry tings fi mulch di yam. He had was to go up pon dis high hill and wait till after, a few a di load den ee couldn't tek it.

"Whole day ee haffi a load off bush off a di hill, come down a level fi mulch di yam," ee say for ee get vex.

When ee deh a level Dins say, "Mek ee go tief out Papa rum." He fadda did have a strong box under di house weh him have a big padlock pon. Him used to keep di estate rum and di wet sugar and molasses in it.

"No! Oonoo better no do it. Yuh know how him love beat." Hyacinth was always a lickie coward. In school di odder rest of pickney always beat her and ee haffi fight fi her.

"He love ee fadda, but when him beat, ee no love him."

"Cho! After him beat ee fi notten sometime. Might as well ee do someting bad mek him beat ee." "A true."

Dins was directly a lickly bad boy from beginning. He cyaan put notten inna det deh back yard and him no gone wid it. Notten! Him is a man no sleep. Hours beat, him no sleep inna house neither. Him sleep all inna tree. A him dat. He and him was di baddest ones in di yard. Him pop a fight fast. If yuh say "eh dat", him fight. If ee faada want him fi move di goat next morning and him no feel like do it, him missing from di night and nobody no see him fi all too, three days. Him was dat type a person.

Dins did have a master lock. Where him get it? He don't know. Him was a genius where lock and key was concerned. Den couldn't lock notten from him. Him was di most puss. Di morning him tek out di key and say "Mek ee go drink rum. Big people do as den like and have ee like slave," him say.

"Yes!" ee say. "Big people have den rum and drink it as den like and den nah give ee none."

"He haffi taste fi weself fi see what is di outcome a it."

Di only way fi ee get fi go home is to turn over di kerosene pan of water dat ee drink from a field. So when ee come off di hill wid di bush, ee just dash way di whole pan a water, come up back and start bowl fi thirst.

"What happen to di water?" Papa ask.

He start tell lie pon ee anodder. Dins says. "A Hyacinth turn it over."

"Is not ee. Is Betty," she say. "Is Dins," ee say, but is a stunt, for ee did plan fi turn it over long time.

"All right," him say. "Dins, go fi di water."

"No sir. He cyaan wait pon him till him come back."

"He thirsty sir!" "Mek we go wid him, no Papa?"

So all three a we a go a yard now. He pull di box. He tek out di real raw estate rum. Di John Crow batty rum. A so dem call it.

"Pass a tumbler deh giime pickney," Dins say to me. Like him a we faada. Inna dem time deh, when we parents ask yuh to pass a glass, dem style it as a tumbler. Hyacinth bring three tumbler.

"Mind Mama come ketch we. Hurry up," Hyacinth say.

"She nah come now. She a sell inna di shop." Inna dem time deh Mama did have a lickie shop.

When di rum throw out inna di glass, all steam come out a it.

"Mind it a go drunk yuh. It no good fi we as pickney," Hyacinth say.

"What do yuh gal? If we tek it di more rapid way den how di big people tek it, notten nah go do we." Dins say.

"A true?" "True, true." "Come den"

Di three a we gulp down di rum quick-quick. When it reach we throat it come in like di throat a cut out. Is di raw rum. Di three a we drunk. Lick over. Stone blind drunk. Cyaan go back a field.....

When we get di first three lick, we never realise seh a beating we a get. Is one hot-lick we know we feel, mek we come to and ask, "He fi go a school sir?"

"Yuh fi go a school? Yuh tarra-tarra claat!" (Is dem word deh dem a tell yuh.) "What oonoo guan wid in yah so? He drunk so-till not even di box lock back.

Him strip we naked and tie we up pon a big breadfruit tree in fron a we gate. Di three a we inna we drunken state. He so drunk we hardly know what a tek place. Him start beat we wid a piece truck tyre. Mama come home. She no like beating. She start beg fi we. It come in like everything Mama say wrong. Mama cyaan part we. When she come try part we, him all want to lick her and cuss her and push her away.

a yuh mek dem bad," him a say. Meantime him a flash di piece a rubber. "Move yuh tarra-tarra claat."

In di evening we get conscious and feel di result a di beating.

Me siddung out a di corn-house and a consider. Me never sorry seh we drunk di rum, for we did waan di experience. Me no feel seh we faada should a beat we and we bredda inna di manner a how him do. Him beat we to excess and it put a seperation between we and him. Sometime we do cruel tings and him beat we and sometime

we do foolishness and him beat we. He wonder why. He say to meself, "He no want nobody push we round. He get a enjoyment out a going we own way. Dere's notten nobody can tell we and no amount a beating anyone can give we fi stop we." From dat time deh we decide seh if we want do a ting we just do it. Who no like it, a fi-dea business.

Sometime after dat, Mama lef we and go a Clark's Toen go sell food. She leave we threepence fi we lunch. He tink and say, "Some sugar water and bulla? It nah go hold we til di evening." It was a Saturday, so we decide seh we could cook some soup. Crop did over. Papa never have much food a field but him set some lickle yam round di tree now to ketch back di right kind a crop fi plant in di field. Nobody supposed to trouble dem, but a some lovely yam foot dat can eat.

"Mek we go tief off piece a Papa yam, no!"

"No, oonoo better no do it," Hyacinth as usual wid her coward argument. "Member seh him beat we awful last time."

"Cho!" say Dins, "Mek we go tief it, for him nah go know seh a we."

Him start warn and tell her what and what him a go do her if she talk. He and him threaten her and tru she so fraid a we, more time she nah talk. He would fore vomit and mek she fling down all her food or jook her inna her side wid we fork and say, "Talk no, mek ah do yuh someting today."

He go round and tief di yam. "But dat cyaan share fi all a we," Dins say.

"Go buy quattie salt pork," we say. He buy quattie salt pork and lickle butter fi put inna we soup.

On di way home, we decide seh we haffi have pumpkin too. He Godfaada, Uncle Lesley, live line-and-line wid we. He was a crummy ole man. No care what him have him nah give yuh. Him always have late crop and him have a two-apartment cornhouse, but if yuh even a dead fi hungry and yuh go beg him one egg or a piece of h-yam, him nah give yuh. Das why dat Saturday, we decide to tief him pumpkin. Him have a pumpkin field down in di garden. Too lovely pumpkin deh pon di vine. Dins pick it and we have a feast di day. Well feast. But we couldn't cook off di whole pumpkin. SO we cook di amount of pumpkin we could eat and we sit and enjoy we dinner.

"What we going do wid di rest a di pumpkin?" Hyacinth ask we.

"Dash it down di pit toilet." Dins say. And so we throw it down deh.

He so tired we just siddung and tink. That's when we foot start to bodder we. He did have a sore pon we ankle and we bredda did

"Tell her seh a mongoose tek way di chicken, yes. Anytime she ask say, "Mama, it look like mongoose gone wid yuh chicken."

About three days after, Uncle Lesley start complain fi his pumpkin. Somebody pick his pumpkin. Mama ask everyone a we inna di yard. "A oonoo pick Mass Lesley pumpkin?"

"No Mama."

Uncle Lesley come a we yard and swear. "He going go sell di people dem belly who tief di pumpkin. Tomorrow morning ah going find out who tief di pumpkin. When dem belly start swell, den we will know. Is three days ah giving di person fi talk or have di swell belly." Is a next frustration dat!

Di first morning we and we sister and we bredda wake early and meet up behind di toilet accidentally. He always haffi check we belly every morning, in case a swelling.

"Yuh feel sick?"

"Yuh feel anyway?"

"Booy, yuh better ask we talk yae."

"Talk no! Talk! Haan! Yuh cyaan talk."

Hyacinth used to say, "He a go talk yae man because we a go dead."

Next morning, we look droopy-droopy in di yard till Mama say "How yuh look so?" Nobody talk say natten.

Di morning come when we belly supposed to swell and we going to dead now. Everybody go to breakfast. Dem used to roast di dumpling on di fire coal and give yuh wid yuh lickie cow's milk. He used to love dumpling when dem cook dat way. Dat morning none a we no eat none. No breakfast. Dat last morning di three a we sick because we going to die. He get up and do we work. Later when Mama come inna di house, she come and find di three a we inna di bed one time.

"What happen? she ask we. He is di first one start cry.

"What happen to you Betty?" Tru we is di last one she love and kind a pet we up.

"Mama," we say, "He a go talk." But a no she we a tell seh we a go talk. Is we bredda and sister we a tell.

"No! No talk!" dem a tell we.

"He a go talk, cause we a go dead. He a go dead!"

"What happen?" Mama ask. "A must someting. What oonoo a go dead for?"

"Mama" we say, "we cyaan keep it. He haffi talk. Cause yuh know what happen? Di pumpkin dat Uncle Lesley miss down a gully, a we tief it and today is di last day fi we dead?"
She say "What!"

He say " Yes Mama. Yuh a go beat ee? He weak already, ee cyaan tek no beating?"

"Yuh weak! When yuh faada come in here tonight, yuh going find out if yuh going dead."

But ee say, "Mama ee nah go live when Papa come. He a go dead."

Mama call Uncle Lesley and him say him hear long time seh a ee tief di pumpkin. An ole woman from over di next yard a see ee when ee tief it and tell him. Him only did waan fi scare ee by threatening ee wid di swell belly, him did done know what o'clock strike already but Mama didn't know. She still never know the whole truth a wah tek place. Many mornings after, Mama call up her fowl den and a feed den and say, How ee no see dat lickie chicken wid di peel neck."

"Mongoose mussy gone wid him, Mama," Hyacinth say and stare Mama straight inna she eye.

Two weeks after, den start smell di stinkness in di toilet and den cyaan find di chicken. Everything haffi reveal. He stop fret pon swelling a belly and start fret pon beating.

He nek up ee mind ee nah tek no murderation. He decide to run way from di beating. He climb up inna one lickie pat a bush pon a hill behind di house and hide. He keep far from di house. Up deh den have pimento, sour sop and cicil sweet and a dat ee a feed pon inna di bush. It have a whole a heap a bush fi pick, mango fi eat and soldier crab fi ketch. He sing to meself and dig hole wid piece a stick. He use di water off a coco leaf fi wash ee face. It come like ee did love di fun a it. When ee up a hill a meditate, ee have a full view a di yard. Fi come up deh, den would haffi tek di back road go round di mountain and come over di back a di hill. Den nah go through all den process just fi ketch ee. He rest up deh fi two days den ee come down when ee tink den cool off some.

When ee come back from pon di hill everyting kind a settle down, except that di pickney from next door a start call ee a tief and pumpkin eater and a whole heap a tings. Then she bredda a really tek set pon ee and trouble ee day and night.

He decide seh ee nah tek wah Howard, that she bredda name, a tell ee. He a go kill him same time. Papa used to have him knife seh him use fi stick cow and him knife him use fi kill goat and pig. All a den clean and sharpen and in di kitchen. He grab di knife inna di kitchen and jump over the fence same time. He go over inna him yard and hold him di day. He hold him inna di bush behind di house. When ee done wid him, di head stab up! Stab up! He never give him no chance.

Excitement start den. Everybody a start bawl "Betty stab him!" He run go up inna me regular hiding place. From seh me is me have di three yard in focus. Any move den mek me see.

Everybody a get involve in this now. Some say if dem ketch me, dem a go beat me. me say den fi mek Howard stab me back. Dem sat, "Him haffi stab she back, mek she know how stab feel." Even Mama's reaction was to tell me faada fi beat me.

Dem did rush di booy to a man name Dr. Foot. Three days him gone. He start think that him going dead fi true. I start feel sorry seh me do it. Den again me say "Di Booy could a stab me, could a beat me up, could a do me someting to." He siddung lonely by di Broadleaf tree. He siddung tormented. When me get hungry and thirsty, me either pick civil sweet off di tree or sneak inna di house after everyone go to sleep and tek some a di food.

When night come down me start get fraid. Me hear all different kind a sound like duppt. Di least lickie sound make me tink a duppy or some robber man. Me get so nervous me couldn't bear it no longer. Me go down by di house and dig out di wattle and go over di ledge and sleep.

Das how dem ketch me. Dem back me up inna di corn-house deh one night. Me was swift when me was a pickney, so when dem ketch me, me get way and race round di yard. Dem block me and me run inna di house. Me hide under di bed and hold on pon di spring. Anyweh dem move di bed, me deh deh wid di spring and a slip di lick. Dem strip off di mattress and dem fling some fast lick pon dem finger yah fi mek me leggo di spring.

Til dem tek off di spring. From di spring come, a dead me dead for me no have notten fi hide pon again. Dem strip me naked and gimme five different beating. Me big bredda beat me, me aunty beat me, her son beat me, me grand - aunt beat me, me faada beat me. It never done deh so neither.

Before di same week end, me have a chop inna me head dat up to now me carry a spite for. Dem dig a ole rent a yam down against di ole toilet. Ashton, Howard bredda, di one me stab involve inna dis digging. Ashton and Dins say fi-me duty was to tek out di dirt from round di yam. Like a innocent, me bend down a gravel out di dirt. Me throw it up, for dem claim dem eagan fi break di yam fi di yam to grow straight. Is a hoe me feel inna me head. Dem chop me inna me head wid di hoe. Blood! Me only feel di burning but me know if dem did come down hard enough me would a split inna two.

Aston run go over fi-him yard. Dins him waan start fight me and den me and him ketch up and start fight. Dins a say a no him. Aston over a him yard say a no him. Dins say a Aston. Hyacinth say a Aston. She fraid a Dins. He no know who do it. All now, me no know a who. But me feel more or less is Aston do it, since is him plan fi get revenge pon me because me stab Howard.

He end up down a di same Dr. Foot man wid a big bandage pon me head.

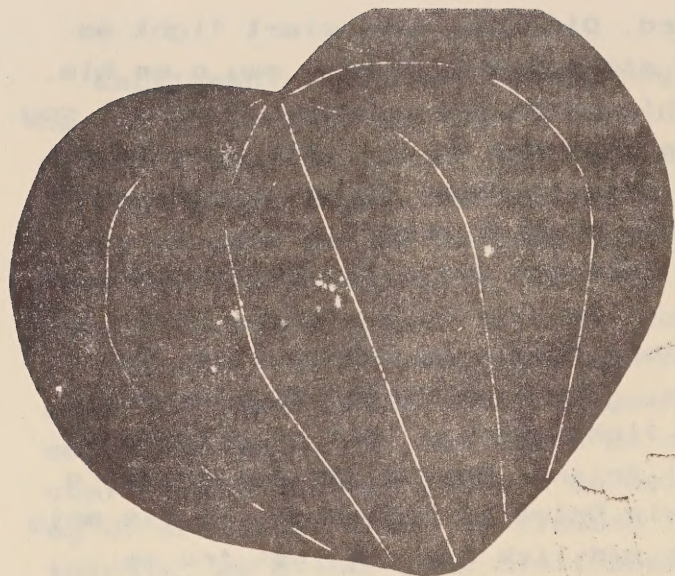
Then di nonsense start. It start from over weh me live. Dem a go school and tell di odder ones, "She a murderer! No play wid her. She love fight and love fi fight people." All di pickney a fraid a me. Me no hold noone fi friend. Nobody. Me was always a fighter but after the incident wid Aston it get worse. If him only come to di fence, me tek sinting and lick him. Is just tru me member the murderation me did get when me stab Howard mek me no chop Aston back. The rest a dem no play wid me. If dem mess wid me, a war. Me tump dem down.

At school a pure war and fight. If dem a play one a dem game, me break it up. If dema play "Ring a Ring a Roses" me just watch and den in one speed me mek and straight through it me gone. Me couldn't get no help from any a di odder pickney wid me school work. If dem show me, is di wrong ting dem a show me fi write down inna me book. Then the teacher end up beat me or make me stand in the corner pon one foot and hold on pon me ears. Me get so much lick dat me lean. Di more me get di lick di more me lean down. All dat leave someteng pon my life. It mark it.

Me was glad when Mama leave and carry me a town. Den to me, me feel my struggle did over inna country. To me leaving country was like going to anodder world. Is only Mama and me weh did come to town. Me gain everyting from Mama dat time. Me start a go school more settled, but it was only two years in school me do.

Me would like to mek a plea to parents dat dem no grow dem children as me grow. Me never haffi beg or tek notten from nobody. Me never out a food. Yet still me fret pon some a di tings dat happen to me in my childhood. It disturb me when me tink about it. It disturb me to see bad and out a order children.

Me know it cause from di steering dat dem get. Dis beating ting is a tradition. Inna slavery dem use di murderation on di plantation and dem our fore-parents, when dem lef out a slavery dem believe di only solution is beating. Me no beat my pickney. Me may give dem one lick once in a while, but me no waan dem like me - WILD.



P O E T R Y

CHOICES

He did say
that she could choose
to leave him
after he had left.

She did say
that he could choose
to leave her
after she had left.

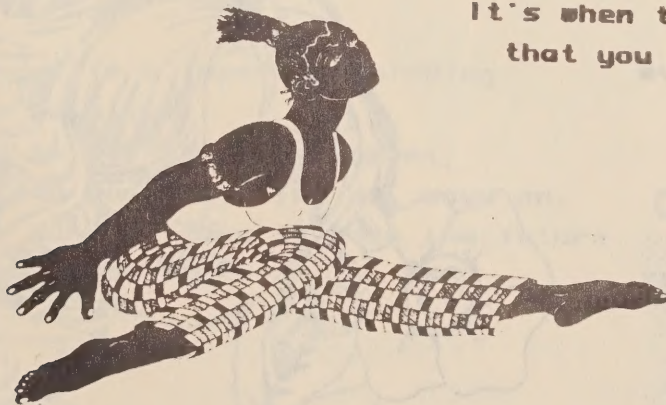
Vacant room to let.

A QUICK SWIM BEFORE LUNCH

There's no doubt
About it, friends

God's miraculous weapon
In the war against
Anger and fear,

Is love, endless
Oceans of love.



DON'T QUIT

When things go wrong,
as they sometimes will,
When the roads you're trudging
seems all uphill,

When the funds are low
and the debts are high,

And you want to smile,
but you have to sign,

When care is pressing
you down a bit,

Rest if you must,

but don't you quit.

Often the struggler
has given up

When the mighty have
captured the victor's cup,

And he learned too late,
when the night came down,

How close he was

to the golden crown.

Success is failure
turn inside out,

The silver tint of
the cloud of doubt,

So stick to the fight when
you're hardest hit,

It's when things seem worst,
that you mustn't quit.

NIGHTBIRD

On a starless night
You see...
the flight of the nightbird
in your dream
she rests herself upon your
wall so strong and towering
never will it fall
but in the pale moonlight
she sees a tiny door
she looks inward...
she finds a song
sing of what was
now is gone

For you see...
to her you are
the lock on that door
she has the key to freedom
the nightbird reaches out
with love and not doubt...
inside her little heart

Let your walls crumbling down
let the child in your heart...
rise above
'My beautiful child'
says the nightbird
cry out to life...
for your white-winged dove
who believes...
love conquers all.

Julia DeRoches

EXERCISE

(a) A leaf fell on a book,
I left it alone.

Light exercises the eyes,
Ideas the brain.

(b) You appeared in this room
It caged you in comfort
and peace.

Love massages your heart,
A friend your feet.

(c) Planets spin, galaxies
spirals
A universe breathes in
tune with its neighbours.

Image a nation,
slight a city,
Calculate, then
ridicule, your
own sublimity.



THE EXPEDITION

My retreat has come to an end,
and I think of the days that I have spent
in these surroundings.

I see an image of myself as I was when I came here
and I look at myself as I am today
at the close of the retreat.

I think of the persons and places
that have been a part of my retreat.
To each of them I speak in gratitude
and to each I say goodbye:
other places, other persons call to me
and I must go.

I think of the experiences I have had,
the graces I have been granted
in this place.

For each of these too I am grateful.

I think of the kind of life I have lived here,
the atmosphere, the daily schedule,

I say goodbye to them:

another type of life awaits me,
other graces, other experiences.

And as I say goodbye to persons,

places,

things,

events,

experiences,

and graces,

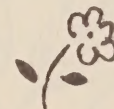
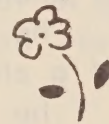
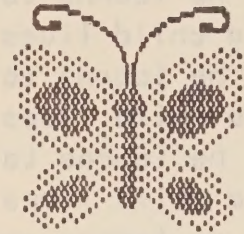
I do so under life's imperious bidding:

if I wish to be alive

I must learn to die at every moment,

that is, to say goodbye, let go, move on.

When this is done, I turn to face the future
and I say, "WELCOME".



SUSAN CARTER

Children Learn What They Live

- If a child lives with criticism
he learns to condemn.
- If a child lives with hostility
he learns to fight.
- If a child lives with ridicule
he learns to be shy.
- If a child lives with shame
he learns to feel guilty.
- If a child lives with tolerance
he learns to be patient.
- If a child lives with encouragement
he learns confidence.
- If a child lives with praise
he learns to appreciate.
- If a child lives with fairness
he learns justice.
- If a child lives with security
he learns to have faith.
- If a child lives with approval
he learns to like himself.
- If a child lives with acceptance and friendship
he learns to find love in the world.



**I KNOW I'M SOMEBODY 'CAUSE
GOD DON'T MAKE NO JUNK!!**

JOHN 3:16



Jesus had long hair and wore a beard
Tripping around doing things, many
thought he was weird
Fixing people up and doing some heavy
stuff

Backed everything he said even when
things got rough

He was really blowing people's lights
Would talk all day and pray through
the nights

But a few of the heavy people began
to wonder

Put a contract out to put him six
feet under

A pigeon put it on him and he went to
kangaroo court

Was questioned about the charges
being brought forth

But he wouldn't sign a statement
Told them that what he'd said and
done, he meant

So they decided to throw him in jail

There was no lawyer or any bail

He was found guilty and sentenced to
die

Didn't appeal their decision, didn't
even ask why

So the big day came to do him in

They did so in front of his next to
kin

They drove nails in his feet and
hands

On a cross he hung with thorns for a
headband

Everybody would always remember this
day

Especially the words he had to say

He looked up above as he lifted his
head

Let me share with you he said
Father, forgive them for doing me in
They don't know why they commit such
a sin

We both know their reasoning is poor
But, let each one enter through
heaven's door.

"FOR GOD SO LOVED THE WORLD,
THAT HE GAVE HIS ONLY BEGOTTEN SON,
THAT WHOSOEVER BELIEVETH IN HIM
SHOULD NOT PERISH,
BUT HAVE EVERLASTING LIFE."

RON DUBE

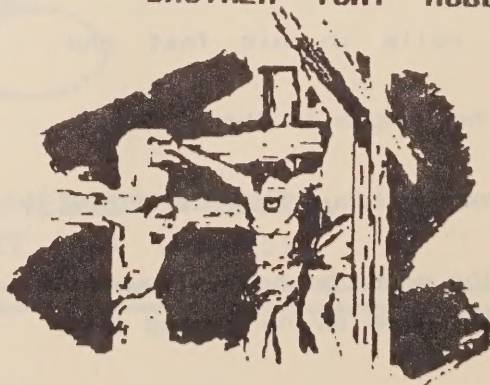


THE TOUCH OF THE MASTER'S HAND

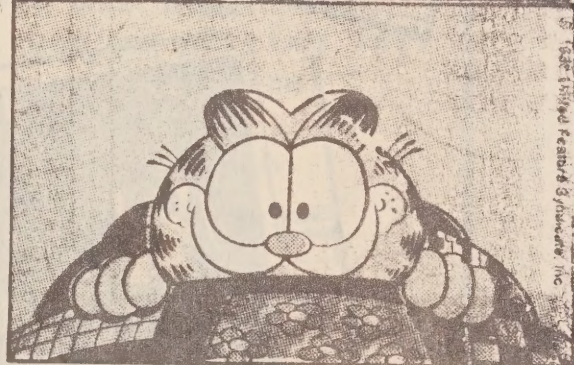
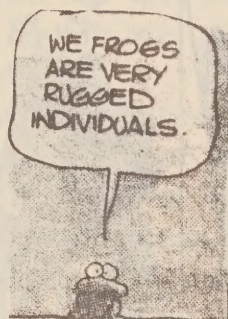
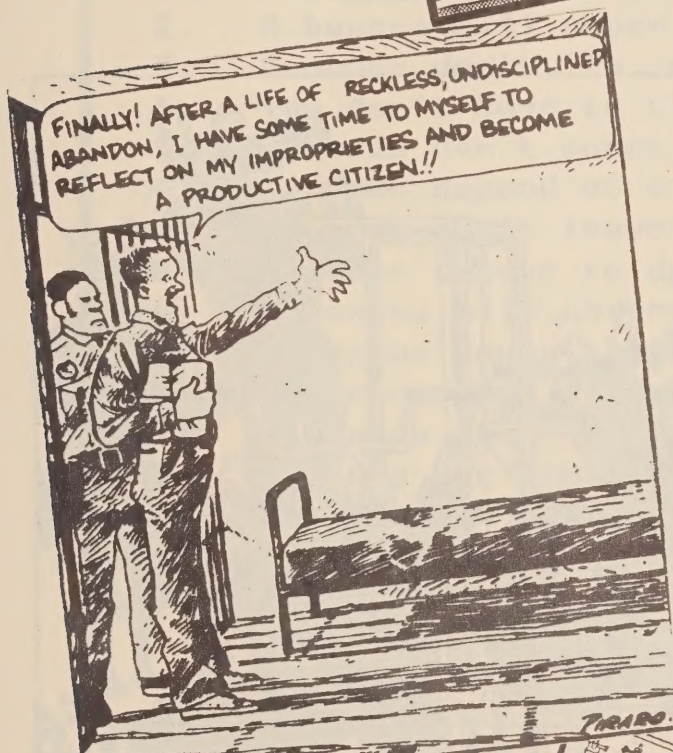
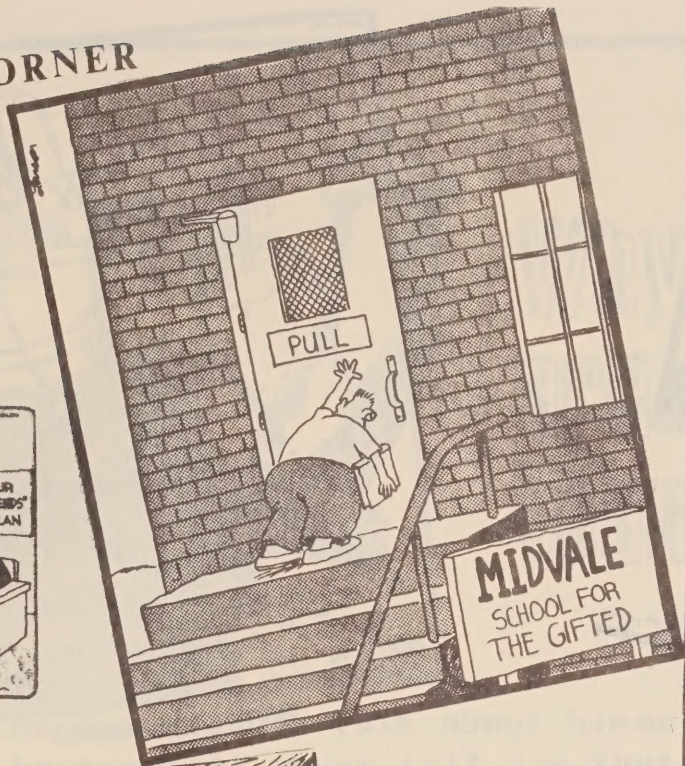
'Twas battered and scarred, and
the auctioneer
thought it scarce worth his
while
to waste much time on the old
violin
but held it up with a smile.
"What am I bid good folk," he
cried,
"Who'll start the bidding for
me?"
a dollar, a dollar, now two,
only two,
two dollars, and who'll make it
three?
three dollars once, three
dollars twice,
Going for three ", but no.
From the room far back, a gray
haired man
came forward and picked up the
bow,
then wiping the dust from the
old violin,
and tightening up the strings,
he played a melody, pure and
sweet,
as sweet as an angel sings.
The music ceased, and the
auctioneer,
with a voice that was quiet and
low,
said, "What am I bid for the old
violin?"
and he held it up with bow.
"a thousand dollars, and who'll
make it two?
two thousand, and who'll make it
three?"

Three thousand once, three
thousand twice,
and going and gone," said he...
The people cheered, but some of
them cried,
we do not quite understand,
What changed it's worth? the man
replied
"The touch of the Master's
Hand."
And many a man with life out of
tune
and battered and torn with sin
is auctioned cheap to the
thoughtless crowd
such like the old violin.
A mess of pottage, a glass of
wine,
a game and he travels on,
He's going once, and going
twice,
he's going and almost gone.
But the Master comes and the
foolish crowd
never can quite understand the
worth of a soul, and the change
that's wrought
by the touch of the Master's
Hand.

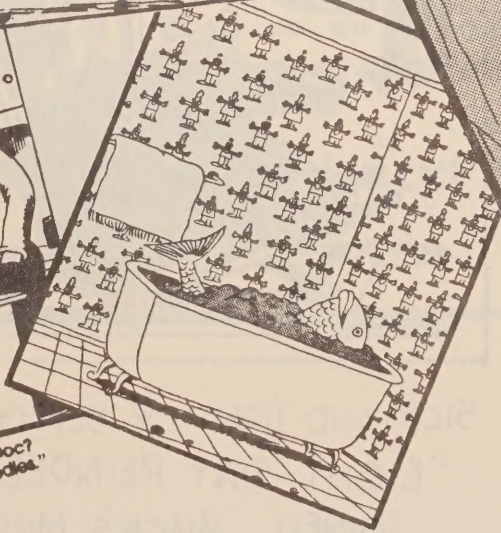
BROTHER TONY ROBERTS



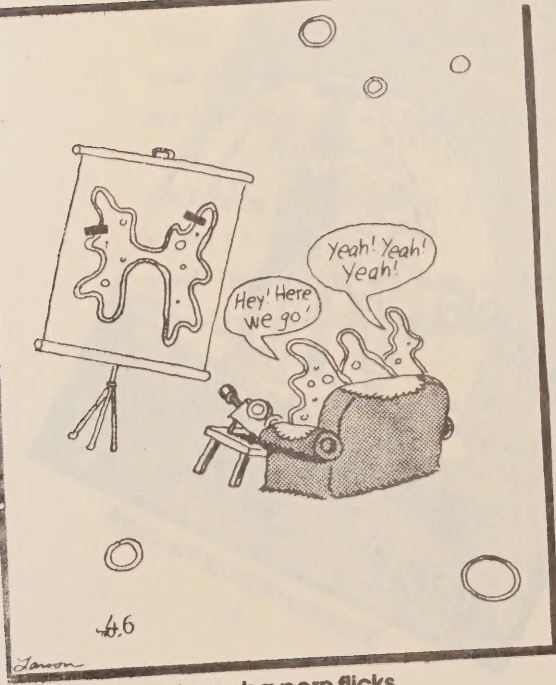
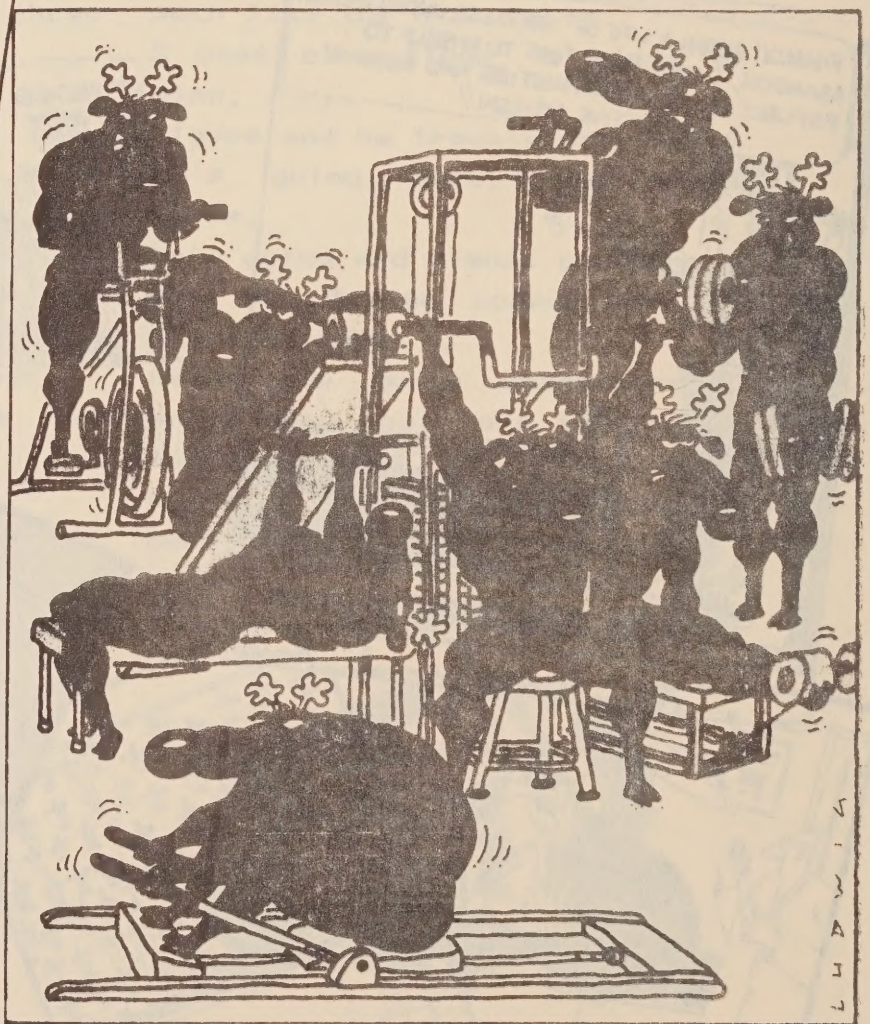
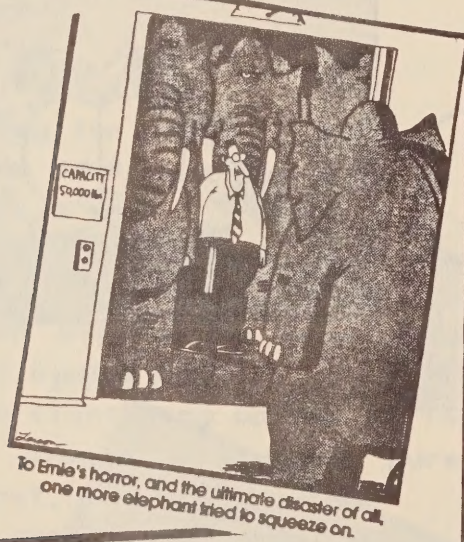
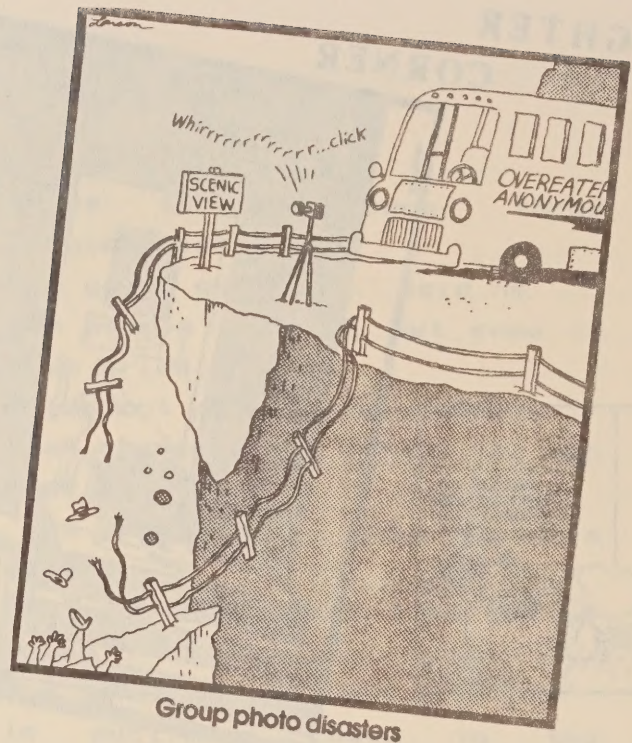
LAUGHTER CORNER



'GOTCHA'



Saturday night at the crypt
45



SICK AND TIRED OF BEING REFERRED TO AS
"EIGHT TINY REINDEER," THE BOYS
JOINED "BUCK'S MUSCLE WORLD."



Why Bananas are better than men

1. A banana doesn't talk about himself all the time.
2. A banana will never tell you that you're getting fat.
3. Bananas don't lie, cheat, complain or criticize.
4. You don't have to clean up after a banana.
5. Bananas don't snore, belch or pick their teeth.
6. You can depend on a banana.
7. Bananas don't leave hair in the sink.
8. You don't have to dress up for a banana.
9. A banana will never develop a beer belly.
10. A banana doesn't leave the seat up.
11. You can enjoy as many bananas as you want.
12. A banana doesn't look at other bananas.
13. Bananas are always fresh and clean.
14. Bananas don't have morning breath or stubble.
15. A banana can't get you pregnant.
16. A banana doesn't mind listening to your problems.
17. Bananas don't stay out till 3 am "helping Joe with his car."
18. They taste better than men do.
19. A banana will stay up as long you want.
20. A banana is always ready when you are.

Pick up a bunch next time.



WHY BEER IS BETTER THAN WOMEN!!!

1. You can enjoy beer all month long.
2. Beer stains wash out.
3. You don't have to wine and dine beer.
4. Your beer will always wait patiently for you in the car while you play your sports.
5. When beer goes flat you can always throw it out.
6. Beer is never late.
7. HANGOVERS eventually go away.
8. A beer doesn't get jealous when you grab another beer.
9. Beer labels come off without a fight.
10. Beer never get headaches.
11. After you have a beer, the bottle is still worth twenty cents.
12. If you pour a beer right you'll always get a good head.
13. You can have more than one beer in a night and not feel guilty.
14. A beer is always wet.
15. You don't have to wash a beer before it taste good.
16. A frigid beer is a good beer.
17. You can have a beer in public.
18. You can share a beer with your friends.
19. A beer always goes down easy.
20. Beer doesn't demand quality or quantity.

Have a 24 guys!!



TEN COMMANDMENTS OF AN INMATE

1. You must laugh when called to court. The judge will dismiss the case on grounds of insanity.
2. Practice bugging the officers at every spare moment.
3. Be in the wrong place at the wrong time, but always have a good excuse.
4. Never let anyone know that you have tobacco the day before payday, this could lead to a mugging.
5. Scream as loud as you can when an officer has a hangover. This could lead to a nervous breakdown.
6. Undermine all authority.
7. Always have an answer for everything. This makes an officer look really stupid.
8. Be nice to an officer who always dogs you. This makes them paranoid.
9. When under restraint, refuse to walk. This will lead to a free lift to your cell.
10. Blame an officer for everything even if they weren't there.

It is also your right to refuse to do anything they ask, this will entitle you to R. & R. in a secluded area of the prison, with 24 hr room service.

T O A R M S

Hugging feels good, overcomes fear,
eases tension, provides stretching exercise
if you're short, and stooping exercise
if you're tall.

Hugging does not upset the environment,
saves heat, and requires no special equipment.

It makes happy days happier
and impossible days possible.

"Go ahead, give the world a hug."



DO YOU WANNA HUG ??

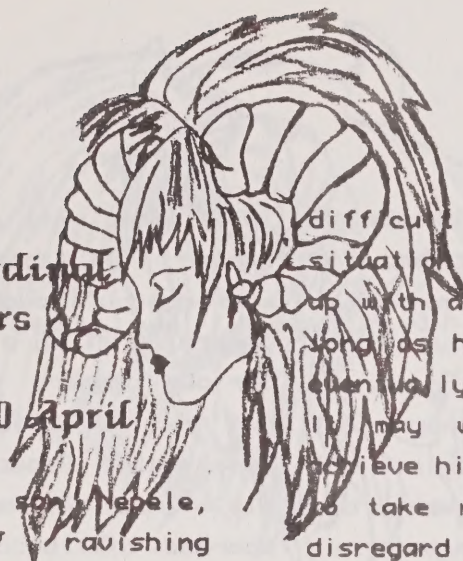
ARIES

Masculine Fire Cardinal

Ruling planet: Mars

Sun-sign period:

22 March to 20 April



The Myth: Phrixus, son of Nepole, falsely accused of ravishing Bladice, was condemned to death, but rescued by a golden ram, on whose back he escaped with his sister Helle. She became giddy and fell off; but Phrixus reached safety, and sacrificed the ram to Zeus, who placed its likeness in the heavens.

Positive Arian traits: A pioneering and adventurous spirit; enterprising, courageous, direct in his approach; highly energetic, hating restriction, loving freedom.

Negative Arian traits: Selfish, always putting himself first; unsubtle, impulsive, pugnacious; a satirist, quick-tempered, impatient—wanting everything now.

Character: People with a strong Arian influence are enthusiastic, generous, lively. They rapidly grasp the essentials of a situation.

This can also have its drawbacks, for in seeing the whole shape of a problem they may tend to overlook its details. They can be quick in other ways; quick, for instance, to give offence. They may be so eager to come to grips with an argument that they will speak brashly or aggressively—they are no diplomats. The Arian is a quick-witted, restless character, and finds it

difficult to be patient in any situation he dislikes. He will put up with adverse conditions only so long as he is confident they will eventually bring him what he wants.

It may well be this desire to achieve his own ends that drives him to take risks; Arian bravery and disregard for danger are legendary.

Mind: The Arian may seem difficult and not be an easy friend. He has, however, an enormous fund of energy, lively as well as powerful, and does not take kindly to restrictions or monotony. Both at work and in personal relationships, he appears at his best when he is given enough freedom.

However trying the Arian may be, his quickness of wit, often satirical, will come to his rescue; he can almost always be relied upon to make his friends laugh, even at the most unlikely moments. But that quickness is also a danger, for his mind too often works erratically, his thoughts bounding from point to point, rather than following a logical progression. However, if he has to make a snap decision, he will tend to make the right one.

Emotional Relationship: The Arian needs to express his sexuality more strongly than most, and in a positive fashion. If Aries is rising, the urgency will be tempered by a very real romantic streak; at the same time his selfishness will be emphasized.

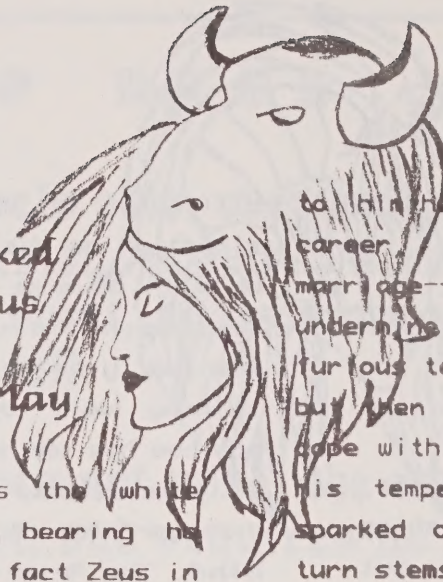
TAURUS

Feminine Earth Fixed

Ruling planet: Venus

Sun-sign period:

21 April to 21 May



The Myth: Taurus was the white bull who courted Europa, bearing her on his back; he was in fact Zeus in disguise, and when the god changed back into his normal form, he placed the bull in the heavens.

Positive Taurean traits: Practical, reliable, patient; adept in business, having strong powers of endurance; a firm sense of values, especially in relation to the arts; love of luxury and good food; persistent, solid, determined, strong-willed; affectionate, warm-hearted; trustworthy.

Negative Taurean traits: Possessive, lazy, self-indulgent a potential bore, static in his opinions, lacking flexibility and originality; greedy, stubborn, resentful; obsessed with routines.

Character: Just as an oak tree becomes a permanent part of the landscape it is set in, so a Taurean will want to 'belong' to a permanent scene. To this end he will present a solid, steady, reliable front to the world. As the oak tree is rooted in the soil, so also the Taurean is rooted in his opinions, extremely stubborn and hating to be contradicted or crossed.

A feeling of security is important

to him; he will demand it in his career, at home, and in his marriage--although he may himself undermine it by a sudden display of furious temper. He is slowly roused but then ferocious and difficult to cope with. Especially in marriage, his temper is most likely to be sparked off by jealousy; this in turn stems from what is probably his worst fault--possessiveness.

He can, however, be very patient, and will probably have plenty of charm, warmth and affection, even though he may tend to be a bit of a bore. His sense of self-preservation is far too well developed.

Mind: Ask a Taurean what he thinks, and he will tell you. When he has told you, that will be the end of the matter; you need not expect him to change his opinion. Stubbornness is a main characteristic of the Sign; all too often it demonstrates the depth of the rut in which the Taurean's mind runs.

The mind itself will probably be slow and unoriginal, but constructive as well. No need to expect brilliant ideas from Taurean; or original ones, or new angles on existing ideas.

Emotional Relationship: The passionate man who murmuring intensely, "You're mine!" is a Taurean. Venus adds passion to this Sign, but his life does centre around his possessions.

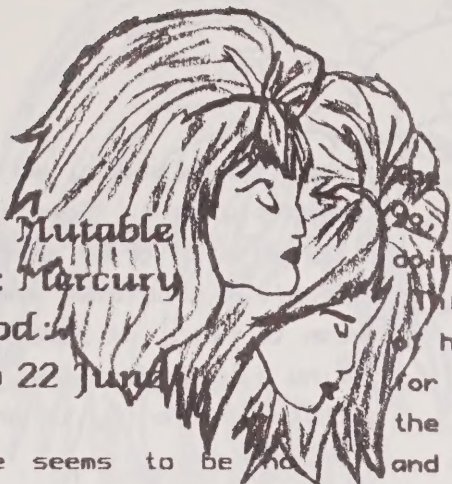
GEMINI

Masculine Air Mutable

Ruling planet: Mercury

Sun-sign period:

22 May to 22 June



The Myth: There seems to be no particular myth associated with Gemini; in Egypt it was known as 'The Two Stars'--and took its name from the stars Castor and Pollux, the brightest of the constellation, also known as Hercules and Apollo, and Triptolemus and Iasion. The Egyptians illustrated Gemini by two kids rather than the two human figures commonly used.

Positive Geminian traits: Adaptable, versatile, intellectual, witty and logical, busy, spontaneous, lively, talkative and amusing conversation; having a flair for writing and for languages; always youthful and up-to-date in outlook and appearance.

Negative Geminian traits: Changeable, restless; cunning; inquisitive, inconsistent and two-faced; unable to control nervous energy, superficial, a gossip.

Character: The Geminian is always right and never changes his mind--until the next time the argument comes round, when he will take a totally different stand, and deny ever having given vent to his earlier opinions. This infuriating for his opponents in argument, his ability to bluff his way out of tight corners is phenomenal.

The Geminian will always be on the go, and generally speaking will be doing more than one thing at a time. This duality is an important part of his nature, and it would be wise for anyone to attempt to hinder it; the Geminian needs plenty of variety and change. Geminians should not overstrain their sensitive and highly-strung nervous systems, which can break down under pressure. But they have their bodies on their side, for Gemini is considered the most youthful Sign.

Mind: The Geminian will have many activities, and may even have several occupations during his life; he should try to find one or two major themes which will preoccupy him throughout his whole lifespan. The other planets, once more, will help or hinder: if the Sun-sign is Gemini and Mercury is also in that Sign, restlessness will be emphasized.

Emotional Relationship: Geminians are not over-emotional. Their ardour would be warmed, for instance, by Venus in Cancer. But, as may be expected, the Geminian expresses himself well in love, and his love-letters will be worth keeping. His tendency to flirt may well contribute liveliness to an affair or a marriage; so may his occasional real need for dual relationships--two mistresses or two lovers.

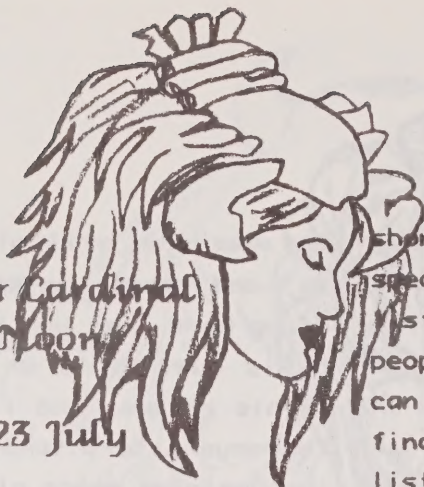
CANCER

Feminine Water Cardinal

Ruling planet: Moon

Sun-sign:

23 June to 23 July



The Myth: As a crab, Cancer is Babylonian in origin; but in Egypt, the constellation was sometimes represented by two turtles, sometimes known as the Stars of the Water, and sometimes as Allul, an unidentified water-creature. Thus its association with water is ancient, but a more detailed mythological history is lacking.

Positive Cancerian traits: Kind, sensitive, sympathetic; a powerful imagination; a strong maternal or paternal instinct, solicitous and protective; cautious, patriotic; tenacious, shrewd, thrifty; emotionally resourceful; an excellent home-maker.

Negative Cancerian traits: Over-emotional, hyper-sensitive; touchy, a snappy temper; moody, changeable; a hard exterior hiding a weak character; an inclination to self-pity, unforgiving; unstable and too easily flattered; untidy.

Character: There is little doubt that the Cancerian is not the easiest of characters either to understand or to bear with. At his best, kind, affable, helpful, thoughtful and understanding, he can also be--and for no good reason--bad-tempered and moody,

short and snappy with anyone who speaks at all. Sometimes willing to listen with great sympathy to other people's problems, and to do what he can to help, at other times he will find it extremely difficult to listen patiently to any tale of woe but his own.

Mind: Cancerians are great worriers. They bring worry into the realm of art. They tend to hug their cares to themselves, rejecting the release of talking them over with friends; and the resultant tension all too often upsets their sensitive digestive systems. Their imaginative powers are considerable, and while this can aggravate the tendency to worry, it can act as a release.

Emotional Relationships: Sensationalism can often colour the Cancerian's sex life; yet, in the home, the Cancerian woman is easily bogged down by domesticity, not allowing herself to enjoy life even when she has the chance. She will use her domestic activities to provide excuses for refusing invitations, when in fact her own natural reticence and timidity provide the real reasons. The Cancerian husband will be protective; but he, or the Cancerian wife, should be careful that moodiness does not mar their relationship.

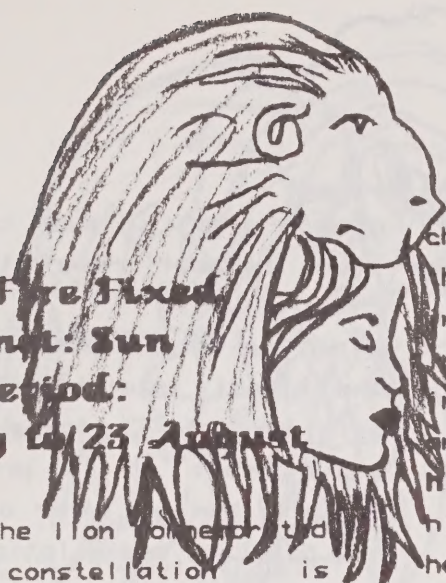
LEO

Masculine Fire Fixed

Ruling planet: Sun

Sun-sign period:

24 July to 23 August



The Myth: The lion commemorated in this constellation is traditionally the Nemean lion, its pelt proof against iron, bronze and stone, which Hercules killed, and which commemorates his bravery.

Positive Leonine traits: Magnanimous, generous; creative, enthusiastic, a good organizer; a good organizer; broadminded, expansive, having a sense of showmanship and drama.

Negative Leonine traits: Dogmatic; bullying; pompous; snobbish, intolerant, fixed in his opinions, patronizing, power mad; conceited.

Character: There is nothing difficult or complicated about Leo; he is King--the boss, the leader. He knows he is far better at organizing everyone else's life than they are; and if they accept this, all will be well. The sign has obvious faults: the Leo can be interfering and intolerant, pompous and over-dogmatic; so he should make a habit of reassessing his opinion as often as possible, and make good use of the natural, spontaneous, warm-hearted charm which he undoubtedly possesses.

At their best, Leos are affectionate, enthusiastic,

cheerful, optimistic people who, in the popular phrase, 'bring sunshine into other people's lives'--indeed in many ways this is their mission in life. It is a valuable quality, and they should not neglect it.

Mind: The opinions a Leo forms in his youth will remain with him until he dies; there is a dangerous tendency to have a closed mind. His early opinions may be, for their time, advanced; but he will cling to them too stubbornly. He will have large-scale ideas, sometimes too large; but that is a vital element of his personality.

Emotional Relationship: The Leo is traditionally said to find marriage difficult, particularly if Leo is rising; so those with Leo Ascendant should be careful when embarking on a permanent emotional relationship. Leos need to be able to look up to and admire the object of their affections. They are extremely loyal and affectionate, and will express their love and loyalty in a positive fashion.

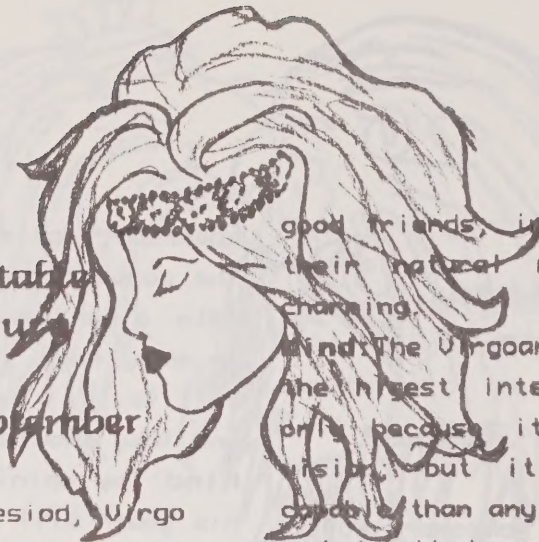
VIRGO

Feminine Earth Mutable

Ruling planet: Mercury

Sun-sign period:

24 August to 23 September



The Myth: According to Hesiod, Virgo was the daughter of Jupiter and Themis, and was goddess of Justice.

When the Golden Age ended, and men defied her rule, she returned to the heavens in disgust.

Positive Virgoan traits: Discrimination, analytical, meticulous; modest; tidy.

Negative Virgoan traits: Fussy, a worrier, hypercritical, over-fastidious; abnormally conventional; finicky.

Character: A hard worker, extremely practical and with a great appetite for detail, the Virgoan at his best is both careful and eager to help his fellows. He thrives on constant activity, and has a lot of nervous energy to burn. The trouble is that he finds it very difficult to let up; his ideas on relaxation seem like hard work to others.

Precision and neatness are natural to him, and go with a purity which, as the sign's name suggests, is akin to virginity; in some cases this can build up a psychological barrier which is very difficult to break down, and which can make Virgoans seem particularly stand-offish. If they can work out a proper balance, their charitable, willing characteristics can make them very

good friends, in such circumstances their natural reservation can be charming.

Mind: The Virgoan mind may not be of the highest intellectual order, if only because it lacks breadth of vision, but it is probably more capable than any other of analytical and detailed assimilation of facts. Confronted with a problem, the Virgoan's immediate instinct is to break it down and analyze it, missing no aspect or detail of the situation. He will be a wonderful researcher, and his shrewdness and logicity work well.

Emotional Relationship: The association of Virgo with chastity is so obvious it hardly needs restating; but it is a direct association, and can make emotional relationships difficult. It is not always easy for the Virgoans in love to express himself as fully or ardently as he really wants to. But the position of Venus has an important effect here: if Virgo is the Sun-sign and Venus occupies the same sign, the difficulties and inhibitions may be increased; but if Venus is in Libra, there will be a greater freedom of expression and warmth of feeling, making for easier relationships.

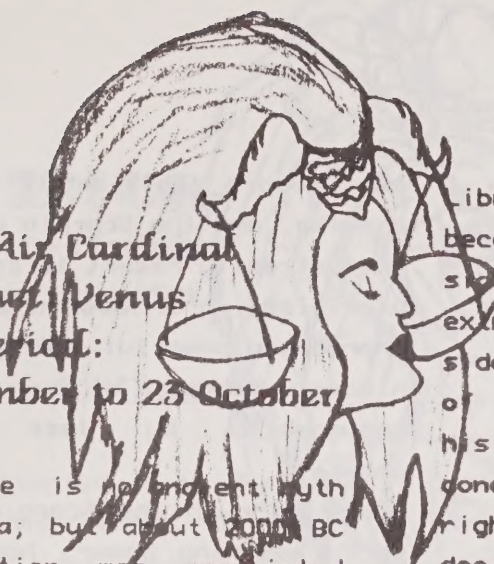
LIBRA

Masculine Air Cardinal

Ruling planet: Venus

Sun-sign period:

24 September to 23 October



The Myth: There is no ancient myth involving Libra; but about 2000 BC the constellation was associated with the judgment of the living and dead in Babylonian religions, and Zibanitu, the Scales, weighed the souls.

Positive Libran traits: Charming, prizing harmony and pleasant living conditions; an easy-going nature; romantic; diplomatic; idealistic; refined.

Negative Libran traits: Indecisive, resentful; frivolous, changeable, flirtatious; easily influenced by others; gullible; oscillating between two extremes.

Characters: The Libran must, in all spheres of his life, express himself; and other people must accept that expression generously and fully. Hating quarrels, the Libran has great natural charm and a winning manner; the pretty Libran girl will easily wind her employer around her little finger.

The Libran makes an excellent and thoughtful host: his home will be comfortable and 'pretty'. Guests will be greeted pleasantly, and will find the atmosphere restorative and relaxing.

Mind: One of the reasons why the

Libran is often indecisive is because he sees far too clearly all sides of every problem, and finds it extremely difficult to decide which side to take. He has a strong sense of justice, and will certainly do his best to see that justice is done. His instinct is usually right, and will help him to make decisions, by indicating a particular course of action.

Emotional Relationship: Falling in love with love will be one problem for the Libran, so anxious to share his life that he may rush into an emotional relationship before he is ready for it. A difficult partner will find it all too easy to take advantage of his pleasantly casual qualities.

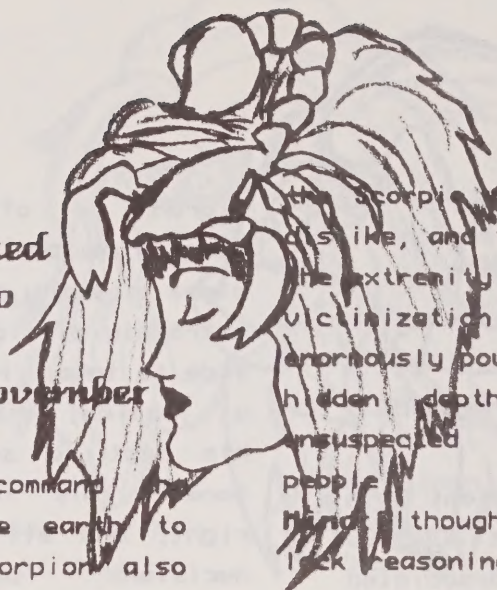
SCORPIO

Feminine Water Fixed

Ruling planet: Pluto

Sun-sign period:

24 October to 22 November



The Myth: At Juno's command the Scorpion rose from the earth to attack Orion. The Scorpion also caused the horses of the Sun to bolt when driven for a day by the boy Phaethon; Jove rebuked it with a thunderbolt.

Positive Scorpion traits: Powerful feelings and emotions; a sense of purpose; highly imaginative, discerning, subtle; persistent, determined.

Negative Scorpion traits: Jealous, resentful, stubborn; obstinate and intractable; secretive and suspicious.

Character: Nearly every description of Scorpio emphasizes the depth of his passions, usually in sexual terms. But the Scorpion is passionate in other fields of his life: in his politics, in work, and in play. A peculiar intensity permeates his whole personality, giving him an extremely strong sense of purpose in life, and a determination to do nothing by halves. He must live his life to the full, and will usually over-indulge himself, not only in play, but in work, too.

He can be a very jealous person—again, not only in love. Whoever holds a position to which

the Scorpio feels entitled will be dislike, and the Scorpio may even in the extremity resort to some kind of victimization or even cruelty. His enormously powerful energy gives him hidden depths which are often unsuspected by less emotional people.

Mind: Although the Scorpio does not lack reasoning power, has a strong sense of perception, and an analytical mind capable of penetrating to the root of any problem which faces him, he also has a high intuitive level. If he feels that a problem should be handled from a certain direction, he will more than likely be right.

He tends to concentrated on analyzing his reactions rather than the problem itself, and often turn in upon himself feelings of resentment and jealousy. The more he tries to control this repressive tendency, the better he will be able to direct his high-powered emotions in a positive fashion.

Emotional Relationship: The Scorpio's powerful emotional level finds a positive outlet through sex.

This sphere of his life, too, can suffer from unwarranted jealousy which is definitely his worse trait.

He loves intensely, passionately, ardently and enduringly; should his sex life be unsatisfactory, he will find it very difficult to fill this gap in his life and personality.

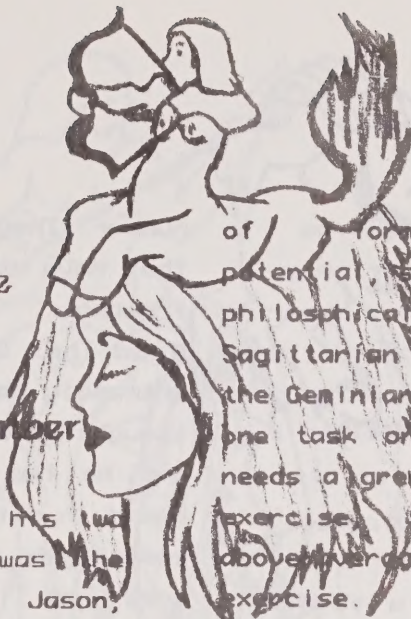
SAGITTARIUS

Masculine Fire Mutable

Ruling planet: Jupiter

Sun-sign period:

23 November to 22 December



The Myth: Sagittarius, with his two faces, animal and human, was the centaur Cheiron who raised Jason, Achilles and Aeneas. Famous as a prophet, doctor and scholar he was the son of Philyra by Cronus, who turned himself into a stallion and galloped off, leaving Philyra; she, disgusted at her half-human, half-horse child, turned herself into a linden-tree.

Positive Sagittarian traits: Jovial, optimistic; versatile, open-minded, adaptable, having good judgment and a philosophical, freedom-loving outlook; sincere and frank; dependable and scrupulous.

Negative Sagittarian traits: Prone to exaggeration, extremism; tactless, restless, careless; blindly optimistic; boisterous; irresponsible, capricious.

Character: Careless in his youth, given to driving fast cars with little regard for safety, over-pleased with the sense of excitement it provides him, the Sagittarian at least learns more from his mistakes than other signs. Although his delight in personal freedom never leaves him, he will eventually be able to make full use

of formidable intellectual potential, studying serious, perhaps philosophical subjects. The Sagittarian is versatile and, like the Gemini, needs to have more than one task on hand at a time. He needs a great deal of intellectual exercise, so he needs an above-average amount of physical exercise.

Mind: The Sagittarian may overlook details, but his overall sense of planning is admirable. Once trained and disciplined, his mind is capable of a great deal. He is at his best dealing with old problems on new lines; each difficulty will be approached from several angles.

He will not be a worrying type--in fact there is some danger of blind optimism. He can have moralistic tendencies, particularly in old age, when he may too easily forget what it was like to be young.

Emotional Relationship: Needing a lively, inventive sex life, the Sagittarian is not interested only in his partner's body; intellectually, she must be well equipped. It is not easy for the Sagittarian to settle into an emotional relationship in which he may have to make allowances for a difference of intellect. He needs to feel that he retains some freedom.

Jealousy or possessiveness in his partner will quickly shrivel his affection, and if his marriage suffers in this way, other spheres of his life will suffer also. This double burden make him break free.

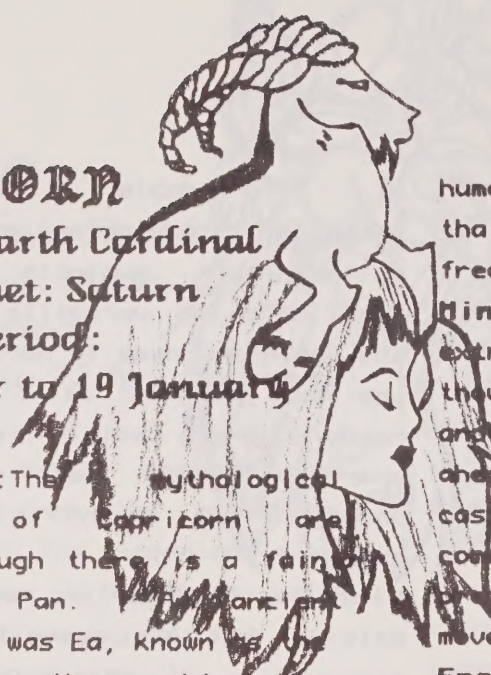
CAPRICORN

Feminine Earth Cardinal

Ruling planet: Saturn

Sun-sign period:

23 December to 19 January



The Myth: The mythological associations of Capricorn are uncertain, though there is a faint reference to Pan. In ancient and Babylonian god was Ea, known as the 'antelope of the subterranean ocean'.

Positive Capricornian traits: Reliable, determined, ambitious; careful, prudent; a sense of humour; a sense of discipline; patient, persevering.

Negative Capicorian traits: Rigid outlook; over-exacting; pessimistic; conventional; miserly, mean.

Character: One astrological writer summed up the two types of Capricornian by describing the two types of goat: the giddy mountain goat, and the domestic goat. Generally speaking, Capricorians are ambitious, always looking out for promotion or a raise in salary. They do not have to keep up with the people next door because they are them. They are splendid businessmen, and the positive Capricorian will make the grade if he sets out to do so. Capricorian wives will do their share of pushing their husbands up the social ladder. The most wonderful thing about Capricornian is their sense of

humour. They are conventional people that have difficulty with emotional freedom.

Mind: The Capricornian's mind is extremely rational and serious. His thought patterns are constructive, and he has great ability to plan ahead in detail. He will be able to cast aside anything which does not come up to his standards of propriety; and once he has made a move, he will not step back.

Emotional Relationship: The Capricorian can find human relationships very difficult, above all in intimate circumstances. This may be a fault of communication due to shyness, or because he considers business more important. But whatever the situation may be, he tends to feel alone.

When Capricorn rises, these tendencies are rather lessened, and the Capricorian will make a cherishing and protective husband.

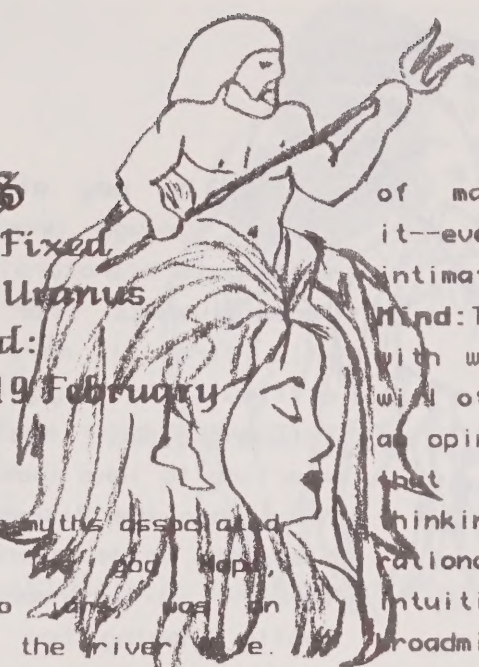
AQUARIUS

Masculine Air Fixed

Ruling planet: Uranus

Sun-sign period:

20 January to 19 February



The Myth:

There are no stories or myths associated with Aquarius.

The god Hapi, watering from two jars, was an ancient symbol of the river Nile.

The Babylonian name for Aquarius, Gula, was at first associated with the goddess of childbirth and healing.

Positive

Aquarian

traits: Humanitarian, independent; friendly, willing; a progressive outlook, original, inventive; a reforming spirit; faithful, loyal; idealistic; intellectually inclined.

Negative

Aquarian

traits: Unpredictable, eccentric; rebellious, contrarary; tactless; fixed in his opinions; perverse, straining to be unconventional.

Character: Kind, friendly, rather distant, and frequently unpredictable; one's first impression of an Aquarian is a sympathetic one, and indeed he will generally be a sympathetic character. But the feeling of distance is also important: the Aquarian will be ready to help others at a moment's notice, but will always remain personally detached.

Personal independence is of enormous importance to him, and he is capable

of making great sacrifice for it—even to the point of rejecting intimate relationships.

Mind: The Aquarian is not concerned with what other people think, and will often simply not bother to form an opinion of their behaviour. Not that he lacks imagination; his thinking is often ahead of its time, rational, intelligent, and intuitive. He will probably be broadminded, too; though often what one takes for broadmindedness is simply a display of indifference. Not having bothered to find out how other people really think, the Aquarian will let their opinions pass.

Emotional

Relationship:

The married Aquarian needs to retain a considerable degree of independence, even if there are young children in the family. This will demand a large measure of understanding and tolerance on his partner's side, for it is unwise to give an Aquarian the feeling of being trapped. All in all this does not make family life easy, and it is perhaps true that Aquarians feel most at ease when living alone, able to feel free in all respects. The good Aquarian marriage is extremely stable, however; he is very loyal and faithful, although his dispassionate nature can often prove a source of conflict.

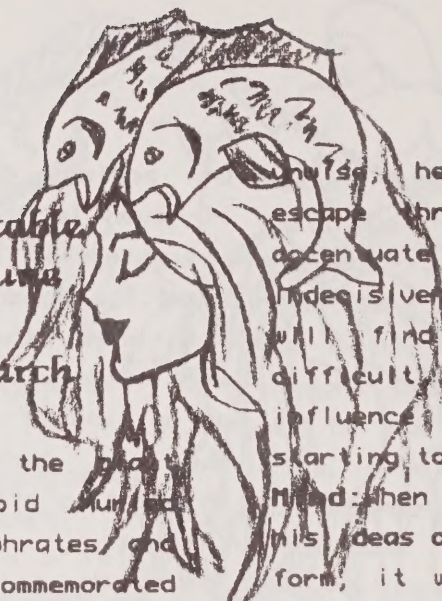
PISCES

Feminine Water Mutable

Ruling planet: Neptune

Sun-sign period:

20 February to 21 March



The Myth: Terrified by the giant Typhon, Venus and Cupid hurled themselves into the Euphrates and became fishes. Minerva commemorated the event by placing the fishes in the heavens.

Positive Piscean traits:

Humble, compassionate, sympathetic; emotional; unworldly, sensitive; adaptable, impressionable; kind; intuitive; receptive.

Negative Piscean traits: Vague, careless; secretive; easily confused; unable to cope with the practical running of their lives; weak-willed, indecisive.

Character: Of all the signs, Pisces is the most susceptible to outside influence. The Piscean is very sensitive indeed, extremely unworldly and impractical, and always eager to try and escape from reality. On the positive side, the Piscean has great compassion and an ability to relieve the suffering of others: either practically, perhaps by nursing them, or in a more remote sense through prayer or meditation. But he cannot stand too much reality. If he is wise, he escapes 'positively', through the arts--by developing a flair, perhaps on a professional level, for poetry, acting, mime or dancing. If he is

unwise, he may allow himself to escape through drugs, which will accentuate his natural weak will and indecisiveness. For this reason he will find it more than usually difficult to fight against their influence and must avoid ever starting to take them.

Mind: When the Piscean does present his ideas or decisions in a coherent form, it will probably be without really knowing how they got into that state. He will not lack ideas, but sorting the wheat from the chaff will present great problems.

The Piscean is highly intuitive, and can develop psychic and mediumistic abilities. He should, however, approach these areas with some initial scepticism.

Emotional Relationship: The Piscean must be careful in his approach to emotional relationships.

He can easily be carried away and discover, when it is too late, that the marvellous attributes he saw in his mistress do not really exist. He will find it difficult to cope with the practical aspects of marriage. He makes a wonderful lover, and has a real flair for the romantic. If Pisces is rising there will be surprisingly critical attitude towards the partner, which can steady his more nebulous attitudes. Romantic tendencies will be increased if Venus also occupies Pisces.



FOOD FOR THE SOUL

Sympathy is two hearts tugging at one load.

Duty makes us do things well,
but love makes us do them beautifully.

Thankfulness is the parent of all other virtues.

Happiness depends on what we are,
not on what we have.

The secret of coping is hoping.

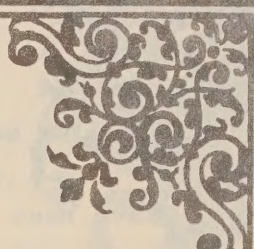
A heart closed, may be opened by a helping hand.

Don't ~~S~~pend time; invest it.

Better to fail in doing something than to succeed
in doing nothing.

Perfection is taking great pain and giving it to someone else.

When someone pushes your buttons, just remember you
have a reset button.



COLOURS

HEALING GREEN

Is green your favourite colour? Then you are vital and in tune with the world. The colour of nature, green heals and rejuvenates.

ENERGIZING ORANGE

Orange shares many physical and psychological qualities with red. It is energizing when bright, cheering when light. If orange is your favourite colour, you are probably a free thinker.

PRESTIGIOUS PURPLE

Purple is the interesting result of the two colours most physically and psychologically opposed. It combines the passion of red with the surrender of blue. People who prefer it are both artistic, psychic, or both.



ENLIVENING YELLOW

Yellow is the colour of highest visibility. Yellow is the colour of safety. If yellow is your favourite colour, you are optimistic, yet futuristic.

ELECTRIFYING RED

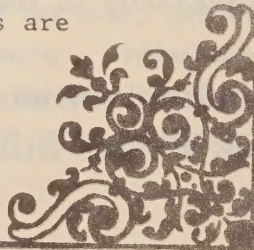
Red dominates the colour spectrum. If it is your favourite colour, you are outgoing, passionate, and signalling attention to the world.

TRUE BLUE

The colour of the heavens and oceans, blue is associated with loyalty, wisdom and spirituality.

PRECIOUS PINK

And as for pink...it is red lifted by white. Known as the colour of intuition, its powers are transformative. Pink lovers are lovers of life--tender, caring and vital.





SEVENTH STEP



The 7th Step Society is a pretty strange group for a prison setting. When most groups are trying very hard to sign people up for membership in groups, we on the other hand are very specific about what type of person we allow to be considered for memberships in our organization. We have a small membership, running an average of twenty members.

Why are we so selective in our membership? It's really quite simple. We work as a group of individuals striving for one basic goal, to get our tail out of jail and keep it out. Sure you will hear a great many slogans, and various words of wisdom from our manuals etc., but getting out and staying out is what we are all about. Now before you can get out, and by doing so solve a problem it only makes sense to figure out what the heck brought you to these places, right? So in 7th Step, we try to help each other find out exactly what our problems are, and what we can do to get rid of those problems. To open up and reveal yourself to other members, one must trust those other members without any reservation what so ever. It is for this reason, that we have certain restrictions for prospective members of our organization.

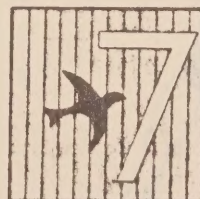
We do not allow anyone to even apply for membership, if they are considered an undesirable to the group. What is an undesirable? If you are known as an informer, if you have been in Protective Custody or if you have been convicted of any type of sexual offence you can not be considered for prospective membership. It is our feeling that these individuals cannot be trusted and if you cannot trust someone, how can we open and ask for help with a person.

The bottom line is that 7th Step is a program that works. I would point out that the recidivism rate of 'STEPPERS' is much lower than those not involved in the program. We have support from both inside and outside this institution for our members, contacts within the system, support with the Parole Board and if you need it, simply a shoulder to lean on when life is getting to you.

If you feel that you would be interested in looking into the 7th Step program, and you are not disqualified from joining, for the reasons stated above, then please contact the SCDO for further information. We have what we feel is a beneficial program in this prison and it does work. All we are asking is to give it a chance.

SEVENTH STEP SOCIETY

P4W CHAPTER



Seven - Steps History

In 1963, under the guidance of Bill Sands (an ex-convict) ninety-three convicts at the Kansas State Penitentiary developed "The Seven-Steps to Freedom." This organization spread across the United States and into Canada to help convicts reshape their thinking and rebuild their attitudes and lives.

The guidelines emphasize truth and freedom, since it is believed that by facing the truth about oneself and society, a convict can become and remain free.

The seven steps that are read at the beginning of each meeting were originally written by the Kansas group. They were formulated as practical rules to help themselves maintain their freedom and become useful members of Society.

Objectives

- to help the offender become an ex-offender;
- successful re-integration of cons and ex-cons into the community;
- a self-help society for cons and ex-cons who are preparing to get on to the street and who are planning to stay on the street;
- to provide follow-up to those who wish to continue to use the group as a means to assist them in maintaining their freedom.

FOR MORE INFORMATION ABOUT SEVEN-
STEPS AND SEVEN-STEPS GROUP:

EXECUTIVE DIRECTOR,
ONTARIO SEVENTH STEP SOCIETY
SUITE 300,
TORONTO, ONTARIO
M6H 1M5
Tel: (416) 530-4311

The Seven-Steps Pledge

Knowing that my freedom depends on my thoughts and actions, I hereby pledge:

To face and accept the truth about myself.

To maintain my freedom.

*To become useful member
of society.*

*To help others as I am now being
helped.*

The Seven Steps

Facing the Truth about ourselves and the world around us, we decided we needed to change.

Realizing that there is a power from which we can gain strength, we decided to use that power.

Evaluating ourselves by taking an honest self-appraisal we examined both our strengths and our weaknesses.

Endeavoring to help ourselves overcome our weaknesses, we enlisted the aid of that power to help us concentrate on our strengths.

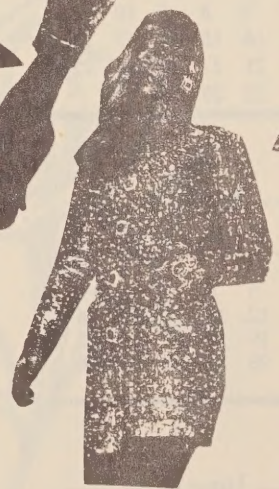
Deciding that our Freedom is worth more than our resentments, we are using that power to help free us from those resentments.

Observing that daily progress is necessary, we set an attainable goal toward which we can work each day.

Maintaining our own Freedom, we pledge ourselves to help others as we have been helped.

WOMEN POWER

Evolution of 'EXPRESS YOURSELF'
...you come a long way BABY!!!



1992

* * * * TIGHTWIRE 92 * * * *

January

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January

1 New Year's Day
20 Martin Luther King, Jr.

February

12 Lincoln's Birthday
14 Valentine's Day
17 President's Day
22 Washington's Birthday

July

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March

17 St. Patrick's

April

1 April Fools Day
5 Daylight Savings--set ahead 1 hour
19 Easter

August

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May

10 Mother's Day
16 Armed Forces Day
25 Memorial Day (Observed)

June

14 Flag Day
21 Father's Day

September

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July

1 Dominion Day (Canada)
4 Independence Day

September

7 Labor Day

October

12 Columbus Day (Observed)
Thanksgiving Day (Canada)
25 Daylight Savings--set back 1 hour
31 Halloween

October

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November

11 Veterans Day
26 Thanksgiving

December

25 Christmas

November

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GREETINGS FROM TIGHTWIRE

Tightwire is a quarterly publication funded by paid subscriptions. It circulates across Canada and regions abroad. The newsletter is produced and printed in its entirety by the residents at Prison For Women in Kingston. The prison is the only Federal Institution for women in Canada, and the publication has been in existence for ten years now. It is these qualities that make the publication original. We are constantly striving for the best that Tightwire has to offer.

Tightwire features many interesting articles and unique artworks created and submitted by prisoners in the system. At times, the publication will feature articles that are quite controversial and often corresponds to current affairs happening within the system and the world around us. Hopefully you will accept them without any harsh judgements because Tightwire is an unbiased newsletter expressing all types of views. Any submissions outside the prison system are welcomed by Tightwire Publication.

At times, Tightwire do encountered circumstances beyond its control that can produce financial difficulties. During these times, the staff finds

themselves campaigning for funding to enable the continuance of Tightwire publication. We need your contributions and paid subscriptions in order to keep Tightwire ALIVE! Please lend us your support! Subscribe Today.

Julia DeRoches
EDITOR

Prison For Women
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Looking Glass Newsletter

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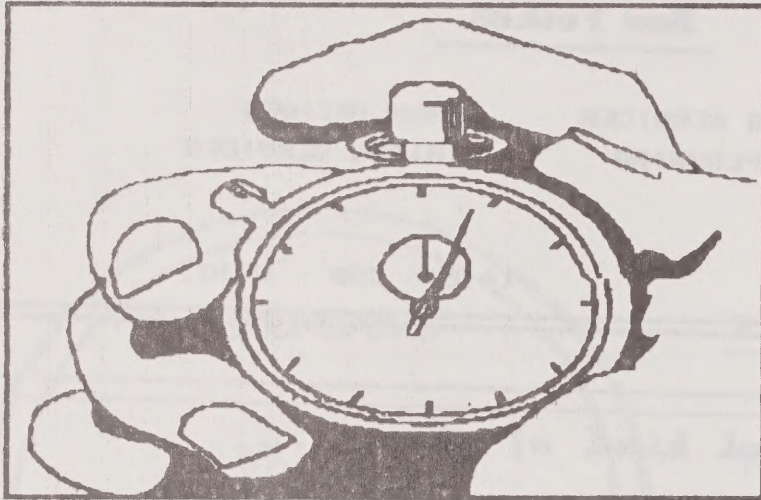
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ARE YOU QUALIFIED?

DO YOU KNOW SOMEONE WHO'S QUALIFIED?

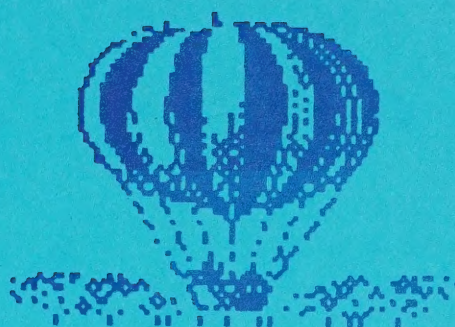
Let us know, then blow the dough !

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**NO CHEESE, PLEASE
BECAUSE THE DIME
DOESN'T PAY.**

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